GREEN THUMB 101: **KEEP PLANTS THRIVING** 

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NATURALLY



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COMPANION PLANTING GUIDE

HELP FOR A
HEALTHY THYROID

WINE-HERB PAIRINGS CHART, PG. 46



HERB OF THE YEAR:

**HORSERADISH** 

Find this colorful, flavorful Pimento Cheese with Horseradish recipe on Page 38.





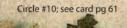
I first gazed upon the pearly bloom of a Irilium oratum 15 years ago. When I began to study botany and wildcrafting in the Cascades that year, I discovered that these enchanting lilies were being harvested and sold on the herb market. The thought of our old growth forests without the beloved Western Irilium was heartbreaking. Thankfully, I was not alone and through conservation we can still enjoy these harbingers of spring.

Joday, I teach my students that ethical wildharresting requires a relationship not only with the plants we use, but with the complex ecosystems where the plants grow. With that relationship comes the immense responsibility of stewardship.

It's this commitment to stewardship that shapes my work as Juality Control Manager at Mountain Rose Herbs. I strive to raise industry standards and preserve our ethical foundation, and will never compromise the quality of herbal products we carry or the health of the unique ecology we all treasure.

Steven Yeager

Lab & Quality Control Manager





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Cover photo: Howard Lee Puckett

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## Horsing Around with the Herb of the Year

When I heard that the 2011 Herb of the Year was horseradish, my immediate response was, "Really? Why?" Beyond using it on roast beef and buying a jar for my annual holiday offering of "Mama Stamberg's Cranberry Relish," I couldn't imagine sufficient uses to justify it being elected the herbal equivalent of homecoming queen.

Silly me. I know better now. In fact, I feel that I am fulfilling the goals of the International Herb Association, which invented the Herb of the Year project as a way to get the public to appreciate herbs in new ways. After reading Susan Belsinger's article about horseradish, I discovered some new favorite foods. I liked the Baked Carrots with Horseradish so much I e-mailed a preview of the recipe to my son in Seattle and also tried it with a variety of other root vegetables. It truly is one of my favorite vegetable dishes.

Reading the article also enabled me to finally figure out what was missing from one of my own traditional dishes. On a recent visit to San Francisco, my daughter requested cucumbers with sour cream, which somehow says "home" to her. I made the dish for the first time in several years and, though it tasted OK, I wasn't really happy with the outcome. When I started editing Susan's story, I had a "Eureka!" moment and realized horseradish was the ingredient I'd forgotten.

This is one reason I'm so passionate about herbs. That's what they provide—that extra pop of flavor that brings all the other flavors together, the additional aroma that moves a recipe up the scale from good to wow! The many beautiful, healthful additions to the garden, such as those featured on Page 54. I suppose a perfectly acceptable life could be lived without herbs, but ... why? Add some horseradish, a little garlic, some marjoram and flat-leaf parsley. Live a little, for heaven's sake.

And after you've made some new and scrumptious dishes, consider pouring a glass of wine that will work perfectly with the flavors you've created. Tabitha Alterman, food editor at our sister publication Mother Earth News, has put together an extensive and informative list of wines and herbs that play well together. If you like wine, it's a resource you'll want to clip and keep.

We also cover the practical and down-to-earth in this issue with money-saving medicines you probably already have in your cupboard. These easily available, homey remedies may sound like something Grandma would recommend, but as life gets more expensive and more complex, it's nice to know that sometimes, the old ways actually are the best ways.

#### Design Your Best Garden *Ever*

Each herb requires slightly different tender love and care. Juggling the needs of your favorite plants and figuring when to plant what (and where) just got easier. Our interactive Herb Garden Planner gives you the information you need to design your best garden ever—and you can try it free for 30 days! Go to www.herbcompanion.com/herbgardenplanner for more details.

K.C. Compton Editor in Chief



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# Dear Herb Companion,

THE ARTICLE "SAGE" in your September 2010 issue included a wonderful photo of many beautiful sage varieties. However, I would like to identify the lavender plant shown blooming high and full over in the back. Can you please help?

Lillian Campbell Williamsburg, Virginia

That lovely plant is Russian sage (*Perovskia atriplicifolia*). It is a hardy, cold-tolerant perennial plant that blooms in summer and fall. It's considered easy to grow and attracts butterflies to the garden. —Eds.

MY FIANCÉ AND I were flipping through the November 2010 issue of *The Herb Companion* and we really enjoyed your article "Perfect Pairings: Marrying Herbs and Salts." Before reading this article, we wouldn't have given artisan salt a second thought, but the historical lead grabbed us from the beginning, and then for the first time, you made us think about salt as being something that

might be better if bought locally. Meats, vegetables and herbs, sure, but we'd never really considered salt. Well done, we thoroughly enjoyed it.

Caleb Reagan Lawrence, Kansas

Thanks, Caleb! Full disclosure: Caleb is our colleague at our sister publication, *Grit* magazine. —Eds.

I HAVE BEEN SUBSCRIBING to your magazine for awhile now and just love it. I find it to be very informative. In my search for lavender tea information, I happened upon your e-newsletter, and what a great find! Immediately, I signed up for it. Thank you for all of the great information you pass on to us readers. My husband and son bought me a potting shed for Mother's Day last year, so needless to say, your magazine has come in handy.

Lu Sutphin Via e-mail

#### Talk Back: Kick Up Your Cuisine with Horseradish

On www.herbcompanion.com, we asked how readers enjoy using the 2011 Herb of the Year in their homes. —Eds.

Besides loving horseradish for the wonderful kick it gives to a Bloody Mary, there are so many great medicinal uses! I stumbled upon one of my favorite uses when I was pregnant. I had gotten the flu and needed some immune and sinus support. I found this recipe in an eclectic herbal text, and it saved me: 1 thumb-sized piece of fresh horseradish and ginger, 1 hot pepper and 4 cloves fresh garlic. Put into a blender. Add enough apple cider vinegar to cover. Puree and strain. Add honey to taste. Take 1 to 3 teaspoons per day. I swear it will keep away the plague! (But beware, because it will also keep away your spouse!)

Jaclyn Chasse Bedford, New Hampshire In my house we use horseradish as a condiment, as an ingredient in many cooked dishes and as one of the main ingredients in the herbal cough syrup I make every winter for family and friends.

My husband and I grew up using horseradish as a condiment for many ethnic meals. I can remember my father grating a big root on the back porch and then mixing it with vinegar and sugar. Just a whiff of it cleared the sinuses.

Tanya Trzeciak Middleborough, Massachusetts



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#### Tell Us What You Think

In our next issue, we will tell you how to plant a medicine garden. What staple medicinal herbs do you like to keep in your herb garden? Please e-mail letters@herbcompanion.com with "In Basket" in the subject line.

We're so glad that you enjoy our weekly e-newsletter. To sign up, visit www.herb companion.com/enews.com —Eds.

GLUTEN-FREE RECIPES are very welcome. I was delighted to see your recipe for Gluten-Free Ginger Molasses Muffins in your November 2010 article "Sweeten Your Holidays Without Refined Sugar." I'm looking forward to more.

Solange Décarie Saint-Louis-de-Gonzague, Quebec, Canada

I JUST READ your November 2010 article "Make Your Own Easy, Natural Dog Food." Dog nutritionists advise that we should not feed our dogs broccoli, garlic, onions or yeast because it can upset them and large amounts can cause serious harm. Yet each time I read a dog recipe in *The Herb Companion*, it contains one or more of these items. Are these recipes checked by qualified veterinarians?

Blanche Duffy Saugerities, New York

Some dog authorities do caution against giving garlic to your dog; it is not true that all authorities feel that way. The recipe for Healthy Powder, which contains yeast, comes directly from one of our country's most respective holistic veterinarians, Dr. Richard Pitcairn.

As for the health benefits of broccoli and onions, I would encourage you to read as widely as possible when making food for your dog or cat. There are plenty of reputable authors who suggest including broccoli in a dog's diet, while there may be those who do not. Ultimately, the call is up to you. —Author Lynn Alley

I RECENTLY READ the blog "Companion Planting" on your website. I've grown rosemary and basil together with no ill effects—what's supposed to happen when they are together? What is the scientific basis?

Joe & Sharyn McQuaid Melfa, Virginia

Rosemary may die of overwatering if planted too close to basil, or basil may die of drought. Although both are Mediterranean herbs, rosemary prefers a drier climate while basil requires frequent watering. To read more about companion planting, turn to Page 13.—Eds.

I PLANTED SAGE in a plastic tray on my balcony. It grew well for a short time, then the leaves turned white and died. Can you help me?

> Winston Reed San Diego, California

It sounds like your sage may be suffering from powdery mildew. Turn to Page 62 to learn more.—Eds.

THANK YOU FOR your Spiced Pumpkin Seeds recipe online. Is it good to eat the tough shell surrounding the pumpkin seed, or are you required to remove it before eating that delectable morsel inside? If so, how does the flavor on the outside of the seed get to the nugget of goodness on the inside?

Marilyn Waggoner Via e-mail It seems to be a matter of personal preference: the hulls are edible, but many people shell them because they don't like the texture. Also, because it's difficult to husk the seeds when they are uncooked, the only way to get the spices on the inner nut would be to toss it in the spice mixture after it has been baked or boiled and shelled. Alternatively, some people shell the seeds with their teeth, which probably means they get the taste of the spices anyway. There are also species of pumpkins that have hull-less seeds, but the flesh of the pumpkin itself is often less tasty, and the seeds can go bad in as little as two days. —Eds.

#### Facebook Fodder



What do you love best about rosemary?

NAYLA BRAUN: I'm drinking a cup of rosemary, sage and mint tea right now. It's good for waking up in the morning.

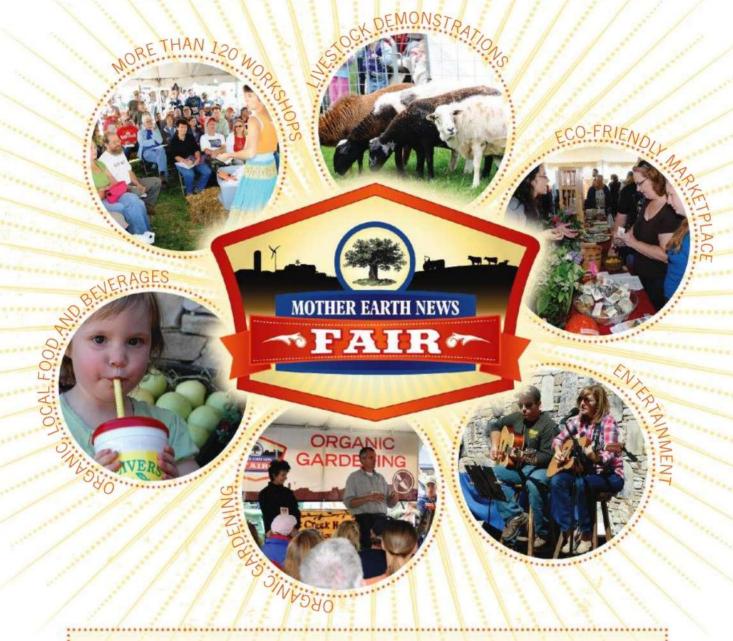
CHRISTA LYNN: The scent. I love it. When I smell it, I automatically walk over to the plant and brush my hand over it to get the oils from it. It lifts my spirits when I'm down.

RUTH ANN NEUBOLD: Salmon made with rosemary, sweet potatoes made with rosemary, soup made with rosemary ...

CAIT POMEROY: I love that I can strip off the leaves of the rosemary, but I don't have to toss the stems ... they are great as skewers for grilling shrimp!



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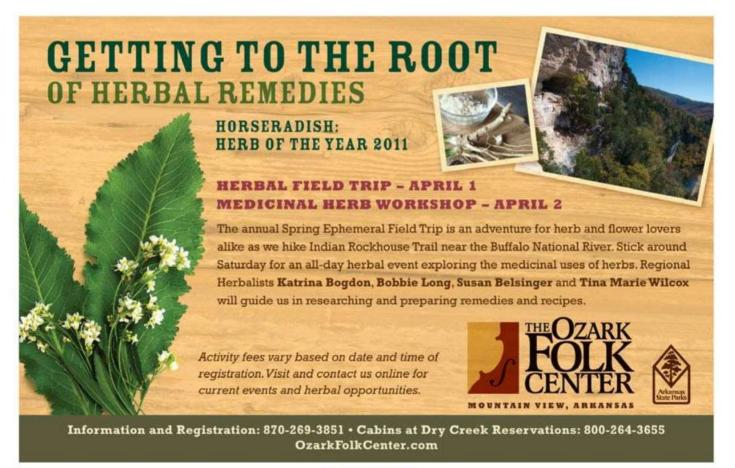






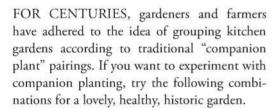


Circle #9; see card pg 61



Circle #13; see card pg 61

#### Fresh Clips



SUMMER SAVORY & BEANS. Garden to table is easy when this pair is planted together, since you may want to serve flatulence-fighting summer savory with beans.

OREGANO, THYME & SWEET ALYSSUM. This trio will attract beneficial insects.

RED CLOVER, ALFALFA & RYE. Suppresses weeds and pests while aiding nitrogen fixation in soil. ONIONS & SALAD GREENS. The quick-growing salad greens will be harvested by the time the onions need the growing space.

BASIL & TOMATOES. This tasty combo is said to enhance tomatoes' flavor.

#### Friendly Herbs

Some herbs are friends to the garden in general. Growing these herbal superstars can benefit neighboring plants in your garden this spring.

FENNEL is traditionally recommended for attracting beneficial bugs and deterring pests. This great delicacy will attract swallowtail butterflies. If you see boldly striped caterpillars munching your fennel, just enjoy the show because soon you'll have lovely butterflies in your garden, too.



DILL is often used to trap tomato hornworms. BORAGE is known for effective pest control. LEEKS traditionally serve as a garden border to keep out animals.

YARROW is said to increase the production of plants' essential oils.

TANSY drives away ants.

#### A Word of Caution

Companion planting produces variable and subtle effects, especially compared to techniques like fertilization and pesticide application. But aspects of companion planting are scientifically legitimate: trap-cropping to repel pests (like planting alliums, fennel, dill, etc.), small-space combinations (for example, the "Traditional Planting" ideas at right), planting cover crops to suppress weeds and add nitrogen to the soil (such as red clover, alfalfa and rye). Some pairings only work well with specific varieties, so it may take several seasons to find a plan that works for your garden. Pay attention to where insects and birds tend to gather and keep a journal to track your observations. Talk to gardener friends to sift through what works in your area, and experiment for yourself. -Lauren Holt is an intern and Gina DeBacker is assistant editor at The Herb Companion.

# Traditional Planting

To increase vegetable yield through efficient use of soil nutrients and a natural trellis, use the Native American "Three Sisters" combination of squash, beans and corn.



If you have a small garden, Chinese intercropping methods suggest double rows of garlic with a single row of spinach in between to maximize the use of space and to deter pests.













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## Fresh Clips

# Best Foods for Hypothyroidism

COULD AN UNDERACTIVE thyroid be to blame for your lethargy, depression and weight gain? After a lifetime of eating all I wanted of raw peanuts and broccoli and many otherwise-healthy foods, it came as a shock that they may have set me up to develop the same hypothyroid condition experienced by other members of my family.

Many of the symptoms of hypothyroidism—lethargy, depression and weight gain—can be easily attributed to other factors, making it difficult to diagnose. Some reports estimate that around 15 percent of the population suffers from the condition; other reports estimate more than twice that. Risk increases with age, particularly in menopausal women. Hyperthyroidism (overactive thyroid), the opposite of hypothyroidism, is considerably less common and is characterized by extreme nervousness and restlessness.

#### A Diet for Hypothyroidism

Goitrogens are naturally occurring substances in certain foods that interfere with the production of thyroid hormones (the hormones that people with hypothyroidism lack). They include some of the most commonly consumed foods of the health-conscious community: broccoli, cauliflower, kale, spinach, radishes, soybeans, peanuts, pine nuts, peaches and millet. The good news is that many health professionals believe that cooking may inactivate goitrogens.

Although these foods provide many benefits for healthy people, goitrogenic potential should be considered by at-risk groups: people who have a family history of hypothyroidism, those who already have symptoms and women approaching menopause.

Hypothyroidism (low thyroid function) is one of the most underdiagnosed health conditions in the United States.

Some goitrogens, such as soy isoflavones, pose a particular quandary for menopausal women—they can reduce certain menopausal symptoms, such as hot flashes, but are thought to aggravate hypothyroidism. Hypothyroidism could explain menopausal symptoms such as depression, weight gain and lethargy. People with deficient thyroid function often feel cold, which might help differentiate the two conditions. It is unknown whether other phytoestrogenic foods are thought to affect thyroid functioning. While avoiding goitrogens may mitigate symptoms of hypothyroidism, many other dietary and nondietary factors are also involved.

At least a dozen vitamins and minerals are recommended for preventing low thyroid function—iodine, an essential trace element present in the thyroid gland, is the most widely recognized. Iodized table salt generally contributes enough iodine to the American diet to prevent goiter, a swelling of the thyroid gland visible around the Adam's apple and associated with hypothyroidism; however, it may not be enough to



counter other effects of low thyroid function. Iodine may be available in land-grown foods, but because the amount varies considerably depending on the minerals in the soil, seafood is a more reliable source. A significant amount of iodine is found in kelp, but excessive amounts (more than 600 mcg per day for prolonged periods) may actually trigger hypothyroidism, so moderation is the key.

Iodine combines with the amino acid tyrosine to produce thyroid hormones. Fish, dairy, oats, sesame seeds, bananas, avocados and almonds are good sources of tyrosine. Some goitrogenic foods such as mustard greens, soybeans, spinach and cabbage are also high in tyrosine. Because current conventional wisdom says that cooking may inactivate goitrogenic potential, these foods may still have a place in a varied, balanced diet.

Zinc, vitamins B2, B3, B6, B12, and the antioxidant vitamins A, C and E are also involved in improving thyroid function. Eggs, dairy, shellfish and other seafood-key components of the protein-rich diets often recommended for weight maintenance for those with hypothyroidism-supply many of the above nutrients. The variety of vitamins and minerals involved in boosting thyroid function makes a balanced diet of whole foods particularly important for nourishing the thyroid. —Debbie Whittaker lives in Denver.

#### Dietary Tips for a Healthy Thyroid

- 1 Use iodized salt.
- 2 Cook goitrogenic foods: broccoli, Brussels sprouts, cabbage, cassava root, cauliflower, horseradish, kale, millet, mustard, mustard greens, peaches, pears, radishes, rutabagas, soybeans, spinach and turnips.
- 3 Eat tyrosine-rich foods.
- 4 Use cold-pressed olive oil and nuts for vitamin E, and nuts for some B vitamins.
- 5 Consider including shellfish, dairy, eggs or meat for zinc and vitamin B<sub>12</sub>.
- 6 Eat nuts, whole grains and whole-wheat bread for naturally occurring B vitamins and zinc.
- 7 Garnish cooked foods with raw culinary herbs such as parsley for vitamin C.
- 8 Include vegetables rich in beta-carotene, such as winter squash, in your diet.
- 9 Consider switching to purified water for both cooking and drinking to reduce fluoride consumption—fluoride has been implicated by some sources in reduced thyroid function. Black and green teas also contain fluoride.

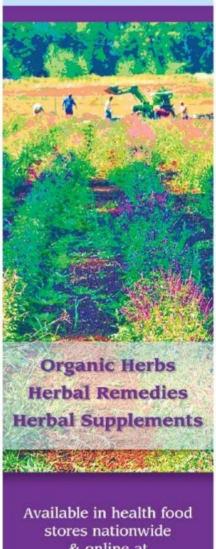


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Check out four thyroid-friendly recipes at www.herbcompanion. com/thyroid.



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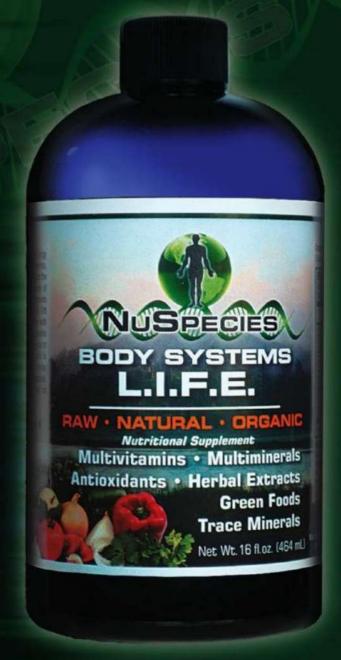
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## Do Less Work; Grow More Herbs

RE-BLOG: Meet Jessy Rushing, one of our dedicated guest bloggers. You can check out all of her Herb Companion blogs at www.herbcompanion.com/jessyrushing. If you are interested in blogging on our site, e-mail editor@herbcompanion.com to learn more.



MY HUSBAND GREW UP PLANTING no-frills veggie gardens to help feed his six siblings. When I told him I was going to investigate a new-fangled gardening idea called lasagna gardening, he was skeptical. "Too simple," he said. "It can't be that easy."

Armed with my highlighted and dog-eared copy of Patricia Lanza's book *Lasagna Gardening*, we got to work anyway. We started small—I planted a 2-by-4-foot herb garden in the spring and by summer any lingering doubts about lasagna gardening were gone.

What is this magical method? It's a nontraditional, organic layering method that creates better soil without the digging, double digging, tilling, heavy machinery or back-breaking work most gardening methods require. The key is in its layers, which create a small ecosystem that plants will thrive in. As Lanza writes, "Organic mulches feed your soil, and the soil feeds your plants."

First, cover the area with a 3- to 4-inch layer of wet, overlapping newspaper. (Don't use the Sunday funnies, slick magazine inserts or colorful ads.) I soak my papers in a #3 washtub, making sure every inch of them is sodden, and lay them down in sheets, overlapping as I go. Next, cover the wet newspapers with 2 to 3 inches of peat moss. Then, add 3-plus inches of organic material—grass clippings, manure, compost, leaves, etc. Add another layer of peat moss and continue alternating layers until your bed is 18 to 24 inches high.

Your garden is now ready for planting: Just pull apart the layers, pop in your plant and wait for it to flourish! To read more about Jessy's experience in the lasagna garden, visit www.herbcompanion.com/lasagnagarden. —Jessy Rushing is a guest blogger at www.herbcompanion.com.



You may have heard that herbs grow just fine in poor soil. Well, that's true for a few herbs, such as rue (Ruta graveolens) and yarrow (Achillea spp.). But herbs will thrive in the nutrient-rich soil of a lasagna garden, so you'll get even better harvests. Plus, the surface of a lasagna bed drains quickly, so you'll avoid those soggy spots that quickly rot and kill many herbs. To me, the greatest benefit is that lasagna gardens are kind to self-sowing herbs.

—From Lasagna Gardening (Rodale Books, 1998) by Patricia Lanza.



Jessy Rushin

#### Lasagna Gardening Basics

- Newspapers
- Shredded leaves
- Grass clippings
  - Compost
  - · Peat moss
  - Manure
- Kitchen scraps
- · Coffee grounds

# Easy is for Inside, Too

Make this cheap, nontoxic herbal floor cleaner.

Mix 1 cup vinegar and a few drops essential oil (lavender or rosemary work well) into 1 gallon warm water. Apply with a mop or washrag, and rinse off with clean water. If floors need extra cleaning, try adding ½ cup borax or baking soda to the recipe. —From Fix It, Make It, Grow It, Bake It: The D.I.Y. Guide to the Good Life (Viva Editions, 2010) by Billee Sharp.

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Circle #4; see card pg 61



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#### Fresh Clips

#### GET READY FOR SPRING

## with a Fresh & Fragrant Herbal Bouquet

BRING INSIDE THE FRESH scents of your garden this season. An herbal bouquet is the perfect antidote to stale late-winter air and helps prepare your home for spring. Herbal bouquets make great housewarming gifts or table toppers, and they make any floral arrangement unique.

Suzy Bales, author of *Garden Bouquets and Beyond* (Rodale, 2010), recommends combining a variety of fragrances and textures in your bouquet. Mint and geranium leaves make good bouquet herbs because they come in a wide array of scents, including chocolate, orange and apple. *Herb Companion* contributor Mary Fran McQuade likes geraniums because of their varied textures and also suggests including fuzzy lamb's-ears in your bouquet so passersby will be intrigued to take a closer look and possibly even touch. Instead of baby's breath or ferns to fill out your bouquet, try green wheat stalks, dill, parsley or fennel to add texture and shape.

Herbal bouquets can be as practical as they are beautiful. Bales suggests a bouquet of cooking herbs to decorate your kitchen table or to give as a gift to a friend who loves to cook. Cooking herbs like thyme, oregano and rosemary can be pulled out as needed while cooking. Lavender is another great bouquet herb because its long blooms coordinate well with many other flowers. —*Lindsay Cleek is an intern at* The Herb Companion.



Floral & Herbal Mix: Roses, lavender and green wheat stalks

Cooking Bouquet: Sage flowers, thyme, rosemary, basil and oregano

Bedside Bouquet: Chamomile flowers, lavender and sage blossoms



#### Siena Vase by Z Gallerie, \$49.95

This Spanish-inspired vase is both elegant and sustainable. Made with 100 percent recycled glass, you can combine it with herbal arrangements for an attractive display. What we love most about this decorative piece is its rich, aubergine tones. It's also available in peacock blue. www.zgallerie.com



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#### Did you know?

Aconite (Aconitum napellus), or monkshood, is a popular garden flower that produces spires of blue or white blossoms similar to those of larkspur and delphinium. While they are beautiful in a bouquet, the poison contained in the plant is so deadly that it can paralyze the nerves and even kill. Florists should avoid handling the stems with their bare hands; even skin contact can bring on numbness and cardiac problems. —From Wicked Plants: A Book of Botanical Atrocities (Algonquin, 2009) by Amy Stewart.



BY JANICE COX

#### Did you know?

Brewer's yeast was used by the early Greeks and Romans for a variety of medicinal purposes because it is an excellent source of protein, all of the B vitamins and several minerals (it even contains gold). Also, clay or mud masks are some of the oldest natural skin-care treatments. People have used the earth for centuries to deepcleanse and soothe the skin.

Alexander the Great encouraged his troops to shave to avoid "dangerous beard grabbing" during battle; he also felt it looked clean and tidy. Shaving is an ancient aspect of the male grooming regime, seen throughout history in art and photographs. That isn't always reflected in the marketplace, but however much natural beauty products are aimed at women, guys need chemical-free, plant-based grooming products, too.

Today, the average American male wants more in his medicine cabinet than a deodorant stick and a can of shaving cream, and he can benefit from a selection of healthy skin-care products that will keep his complexion clear, toned and glowing. And although many skin- and hair-care products can be shared by men and women (shampoo, sunscreen and body lotion),

men deserve their own set of cleansers, aftershaves, facial scrubs, and masks with bold, masculine scents and natural ingredients suited for their skin types.

Fresh herbs such as rosemary, sage and yarrow are well-suited for masculine tastes. They are all naturally antiseptic and cleansing to the skin. Yarrow in particular is a good choice to use in male product recipes as it is healing, cleansing and astringent. To learn more about growing yarrow, turn to Page 54.

Fragrance and skin type aside, men need specific products for shaving, since 90 percent of American men older than 15 shave. Spices are often found in aftershave products because they have anti-inflammatory properties and bold scents. Citrus blended with herbs and spices is also uplifting and sexy.

Shaving products have gotten more sophisticated, but little has changed when it comes to the daily ritual of shaving: removing hair from the face with a sharp blade and then soothing the skin with a splash of cold water or aftershave. Follow these simple shaving tips for a closer, more comfortable experience:

- · Always shave in the direction of hair growth. Shaving against the growth can cause ingrown hairs and skin irritation.
- Before shaving, soften the beard with warm water or a hot towel.
- Don't shave the same area over and over; this can be irritating and can damage new skin cell growth.
- Use a gentle facial scrub once a week to remove dead skin and ingrown hairs. Try mixing a teaspoon or two of cornmeal, ground nuts or oatmeal into your favorite cleanser or soap while washing your face.
- Use a facial mask monthly to deepcleanse pores and help rid your skin of surface debris and dead skin cells. Try a natural clay mask to help draw impurities out of your skin.
- Rinse razor blades well after each use and replace often. Allow your razor to air dry to avoid the chance of bacteria growing.

Here are a few all-natural recipes for you to make at home using botanical ingredients. They also make great gifts when wrapped up with a new razor. Enjoy! 6

Janice Cox is the author of Natural Beauty at Home (Henry Holt and Company, 2002). She and her daughter, Lauren Cox, co-authored a book, EcoBeauty (Ten Speed Press, 2009). Find them both on Page 70 and at www.herbcompanion.com/shopping.

#### Herbal Aftershave

Aftershave helps refresh and close your pores after cleansing or shaving. Used as a final facial splash, the combination of herbs in this recipe will help tighten pores and keep your complexion clear. They are all naturally antiseptic and cleansing.

1 cup witch hazel

1 teaspoon dried varrow

1 tablespoon dried lavender

1 tablespoon dried sage

1 teaspoon dried mint

1 bay leaf

1 tablespoon vegetable glycerin (optional)

1 Mix all ingredients. Pour into a clean jar with a tight-fitting lid. Place the jar in a dark, cool place for 2 weeks.

2 At the end of 2 weeks, strain off the liquid and discard any solids; pour into a clean container. After shaving or cleansing your face, pour a small amount into your hands and pat on your face.

Note: You may also use fresh herbs in this recipe; use three times the amount called for and store in the refrigerator for 1 week before straining.

#### Bay Rum Aftershave

There are several versions of this old-fashioned skin tonic, but this recipe uses witch hazel in place of stronger alcohols and fresh bay leaves, allspice and orange zest. Cinnamon smells great and its anti-inflammatory properties help soothe skin after cleansing or shaving.

½ cup witch hazel 2 tablespoons dark rum 2 fresh or dried bay leaves ¼ teaspoon allspice 1 cinnamon stick Zest from 1 small orange

- 1 Mix all ingredients. Pour into a clean jar with a tight-fitting lid. Place the jar in a dark, cool place for 2 weeks.
- 2 At the end of 2 weeks, strain off the liquid and pour into a clean container. Discard any zest and other remaining solids. To use: Splash on the face after cleansing or shaving.

#### Olive Oil Shaving Cream

The addition of olive oil to this recipe helps create a rich, moisturizing cream. For an even better (and less irritating) shave, shower beforehand to let the steam soften hairs. Stearic acid powder is found at some drugstores and pharmacies or chemical suppliers.

¼ cup stearic acid powder 2 tablespoons olive oil

1 cup hot water

1 teaspoon borax

2 tablespoons grated mild soap

- 1 On the stovetop or in the microwave, gently heat stearic acid powder and olive oil until just melted. Remove from heat and continue to stir until you have a clear liquid.
- 2 In a separate container, mix together

hot water, borax and soap, and stir until the soap is completely dissolved.

- 3 Pour the soap solution into a blender or food processor and blend for a few seconds. Slowly pour the stearic acid and oil mixture into the soap solution and continue to blend on high until you have a smooth, creamy mixture.
- 4 Spoon into a clean container. To use: Soften your beard with warm water and then smooth the shaving cream over your face. Use a sharp, clean razor.



Circle #7; see card pg 61

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#### Cuts and Nicks

Grab a clean cotton cloth or tissue and apply direct pressure to stop the bleeding. Avoid that area the next time you shave. You may also apply a bit of vitamin E oil to the spot to help it heal.

#### Fresh Grapefruit Cleanser

This cleanser is perfect for oily skin types because it is mildly acidic and astringent. Citric acid (from citrus fruits) helps tone the skin while restoring a natural acid balance. Heat is used in this recipe to release the essential oils from the grapefruit peels. You can substitute other citrus fruits, such as orange, lime and pomelo.

Peel from 1 grapefruit 2 tablespoons fresh grapefruit juice ½ cup olive oil ½ teaspoon borax

Mix all ingredients in a bowl and gently heat in the microwave or over a pan of water on the stovetop until very hot but not boiling.
Remove from heat and let the mixture cool completely. Strain the mixture and pour into a clean container. To use: Use in place of soap to cleanse your skin.

#### Natural Clay Mask

Clay masks are especially well-suited for male complexions and help draw out oils and surface impurities from the skin. Sterilized clay can be found at many natural food stores in the health-care or bulk section. All clays have the same skin-clearing results but vary in color depending on what part of the world they come from and the minerals they contain.

2 tablespoons natural clay 1 to 2 teaspoons distilled water 1 teaspoon light oil, such as olive or almond (for dry skin types)

Mix together clay and water until you have a smooth paste.

2 To use: Spread the mixture on clean skin and leave on for 15 to 20 minutes, until dry. Rinse well with warm water followed by cool water and pat your skin dry.

#### Brewer's Yeast Facial Mask

Brewer's yeast is the byproduct of beer-making, so it's the perfect manly ingredient. Use the facial mask once a month to clean out clogged pores and remove any dead skin and surface impurities. Brewer's yeast can be found at most natural food stores in both powdered and liquid form.

1 teaspoon powdered brewer's yeast 1 tablespoon buttermilk or plain yogurt

Mix yeast and buttermilk until smooth.

2 To use: Spread an even layer over your face and neck. Let sit for 10 to 20 minutes. Rinse well with warm then cool water and pat your skin dry. Store any leftover mask in the refrigerator.



#### Try These

After Shave Balm by Weleda, \$22. www.weleda.com

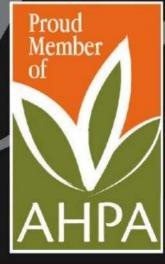
So Clean "4 In One" by MyChelle Dermaceuticals, \$17. www.mychelle.com

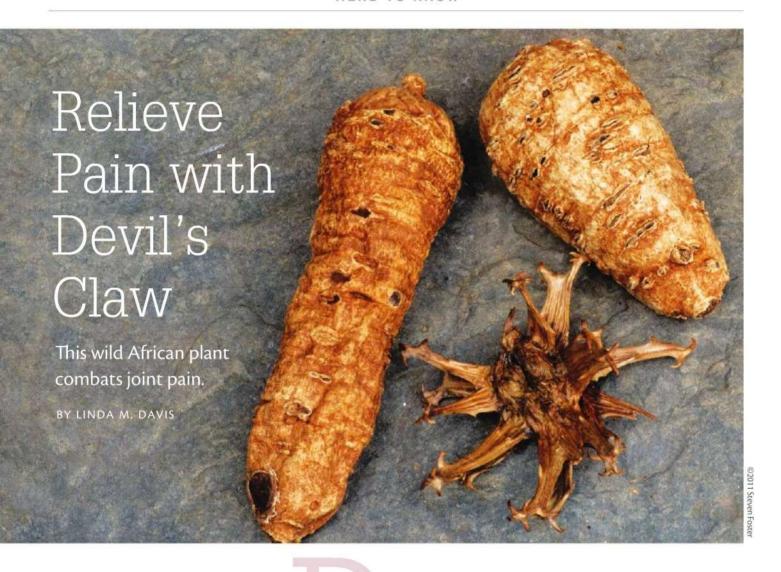
MAN Shaving Oil by **Herban Lifestyle**, \$18. www.herbanlifestyle.com

Herban Cowboy Shave Cream by **Organic Grooming**, \$9. www.herbancowboy.com









#### Devil's Claw

Harpagophytum procumbens

Harpagophytum means hook plant in Greek.

Procumbens means prostrate in Latin.

Also known as grapple plant or wood spider

Grows in the warm African savanna or grasslands

*Devil's claw.* You only have to take one look at the grasping fingers extending from its fruit to understand the name. Despite the ominous sound of its common name, *Harpagophytum procumbens* is an attractive perennial valued for its healing powers.

This member of the sesame seed family can be found in southern Africa, where it grows wild in the savannas. Its grayish-green leaves trail the sandy terrain of the Kalahari Desert, sometimes reaching a length of several feet. It produces red, purple or pink trumpet-shaped flowers from November through April, and its flat, oval fruit produces dark brown or black seeds. However, it's the plant's roots and potato-like tubers that are valued the most and harvested for medicinal purposes.

#### How to Use Devil's Claw

For centuries, Africans have used devil's claw to treat ailments of all kinds: liver disorders, malaria, diabetes, fever, high cholesterol, toxins in the blood, and the pain of pregnancy, arthritis and rheumatism. Externally, it has been used in ointments to help heal ulcers, boils, wounds and skin rashes. An early 20th-century German, G. A. Menhert, reported witnessing African tribesmen

using devil's claw for insect bites and stomach ailments.

Although devil's claw grows only in Africa, it has been popular in Europe as a remedy for joint problems since its introduction there in the early 1900s. It was introduced into the United States from Europe. The World Health Organization (WHO) reports that other common uses for devil's claw include "treatment of loss of appetite and dyspeptic complaints." It is listed in the British Herbal Pharmacopoeia as a sedative and diuretic.

In Europe and Canada, as well as in the United States, devil's claw is widely used for joint inflammation and pain. For example, in Germany, where herbal medicines may be sold as drugs, devil's claw has German Commission E (the country's equivalent of the U.S. Food and Drug Administration) approval for relieving dyspepsia, stimulating the appetite and treating degenerative disorders of the musculoskeletal system. Also, it was the ingredient in nearly three-fourths of the prescriptions for rheumatism in 2001. Clinical studies have shown that, when taken by mouth, devil's claw may help reduce osteoarthritis pain. In one study, it



The grayish-green leaves of devil's claw climb over the sandy desert terrain it favors.

appeared to be as effective as diacerein, an arthritis drug prescribed in Europe for hip and knee pain. In another study, it compared favorably with rofecoxib, another prescription painkiller, for low back pain. Although these studies were inconclusive, the results were promising enough to warrant further study.

The dried roots and tubers of devil's claw are taken in capsule or tablet form to relieve symptoms of osteoarthritis, low back pain and tendonitis. Herbalists also recommend its use externally for joint pain. In liquid form, devil's claw is mixed with water or brewed into a tea and used as a bitter to stimulate digestion. Devil's claw should be stored in a closed container, away from light.

#### Will Devil's Claw Go Extinct?

Devil's claw is difficult to cultivate and is not grown in gardens. The WHO reports that, due to the tons of devil's claw exported each year, it has been overharvested to the point of becoming "extinct in the wild under current practices." In Namibia, Botswana and South Africa, the major exporters of devil's claw, the plant is protected and permits are required for various stages of the harvesting and exporting processes. The Sustainably Harvested Devil's Claw project was established in Namibia in 1997, and commercial cultivation experiments also have been conducted. Devil's claw seeds are stored in the Kew Gardens Millennium Seed Bank, which conserves the seeds of plants faced with the threat of extinction and stores them outside their native habitat. The Kew Gardens project has so far banked 10 percent of the world's wild plant species.

Linda M. Davis is a freelance writer who raises herbs at her home in Culver City, California.

#### Try These to Beat Joint Pain

We picked four powerful pain-relieving products made with devil's claw.

Devil's claw supplement by NOW Foods, \$7.99. www.nowfoods.com





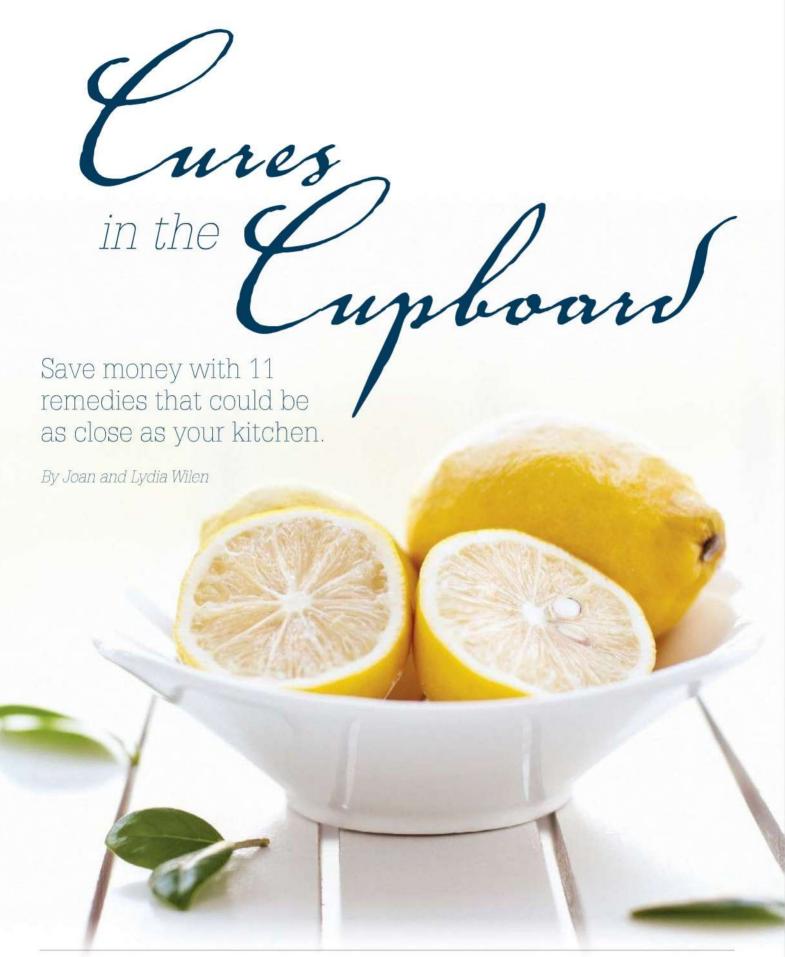
Devil's claw extract by Herbalist & Alchemist, \$21. www.herbalistalchemist.com

Liquid devil's claw extract by **Herb Pharm,** \$14. www.herb-pharm.com





Joint Health Liquid Phyto-Caps by **Gaia Herbs,** \$26.99. www.gaiaherbs.com



We expect to find help for our ailments at the health-food store or the drugstore. But for a surprising number of conditions, help is as near as your kitchen cupboard. We have been collecting, researching and testing folk remedies for more than two decades—and all of the remedies have been reviewed for safety by medical doctors, naturopathic doctors and other experts. If you have an existing health condition, check with your physician before trying any of these remedies.

#### BAD BREATH, GUM DISEASE AND TOOTHACHE

Coconut oil, baking soda

Coconut oil can ease ailments of the mouth, such as bad breath, gum disease and toothache. For help with any of these conditions, brush your teeth with a mixture of 1/8 teaspoon baking soda and 1/2 teaspoon organic extra-virgin coconut oil (which you can find at a health-food store). You also can rub coconut oil on sore gums for relief.

#### BUMPS AND BRUISES

Lemon

Most bruises that turn black and blue go away on their own, but you can speed the healing process—and reduce swelling and bruising—with this Mayan remedy. Cut a lemon in half, and rub the pulpy side over the bruise once an hour for several hours. Avoid cuts or broken skin.

#### CONSTIPATION

Lemon, honey, prune juice, papaya, apples, dried figs

Drinking water on an empty stomach can stimulate bowel movements. Before breakfast, drink the juice of 1/2 lemon in 1 cup warm water. If it is too tart, sweeten it with honey. If that doesn't help move your bowels, try one of the following: prune juice (at room temperature) or stewed prunes; papaya; two peeled apples; or six to eight dried figs. (Soak the figs overnight in water. In the morning, drink the water, then eat the figs.)











2 cups water 2 tablespoons fresh sage leaves or 2 teaspoons dried 4 whole cloves, if desired Honey, if desired

- 1 Bring water to a boil. Place sage leaves and cloves in a teapot.
- 2 Pour boiling water over leaves; let steep 3 minutes.
- 3 Strain, sweeten with honey if desired, and enjoy. —Senior Editor Amy Mayfield loves tea.



Joan and Lydia Wilen are the authors of Bottom Line's Household Magic (Bottom Line, 2006) and Bottom Line's Secret Food Cures and Doctor Approved Folk Remedies (Bottom Line, 2007). Reprinted with the permission of Bottom Line/Natural Healing, Boardroom Inc., 281 Tresser Blvd., 8th Floor, Stamford, CT 06901. www.bottomlinesecrets.com.



#### DANDRUFF

Thyme

We all have dead cells that fall from our scalp as new cells come in. But some people have a greater number of cells falling out that are bigger and easier to see. Dried thyme can help get rid of dandruff. Boil 1 cup water, and add 2 heaping tablespoons dried thyme. Let simmer 7 to 10 minutes. Use a strainer to collect the thyme, and discard. Let the tea cool. Wash your hair with a regular shampoo. While your hair is still damp, gently massage the cooled tea into your scalp. Do not rinse.

#### DIARRHEA

Milk, allspice, cinnamon, powdered cloves

Several traditional remedies from other countries use milk. A West Indian remedy is a cup of milk (or warm water) with a pinch of allspice. The Pennsylvania Dutch recommend a cup of warm milk with two pinches of cinnamon. A Brazilian remedy includes two pinches of cinnamon and one pinch of powdered cloves in a cup of warm milk.

#### **HEADACHE**

Green tea, mint

Fatigue, anxiety and stress can trigger headaches. For fast relief, brew a cup of green tea and add sprigs of fresh spearmint or peppermint. If you don't have fresh mint available, use a peppermint or spearmint tea bag. Combine a bag each of green tea and mint tea to make a powerful brew that will diminish your headache in about 15 minutes.

#### INDIGESTION

Grapefruit, potato

If you are prone to any of the unpleasant symptoms of indigestion, including stomachache or nausea, you can prepare this remedy in advance to have at the ready. Grate the peel of a grapefruit and spread the pieces out on a paper towel to dry overnight. Store the dried peel in a lidded jar. When you feel the first signs of indigestion, eat 1/2 to 1 teaspoon of grated peel. Chew thoroughly before swallowing. *Another remedy:* Raw potato juice can neutralize stomach acid. Grate a potato and squeeze the gratings through a piece of cheesecloth or a fine strainer. Take 1 tablespoon of potato juice diluted with 1/2 cup of warm water. Drink slowly.



#### **INSOMNIA**

Whole nutmeg, grapefruit juice, yellow onion

Nutmeg can work as a sedative. Crush a whole nutmeg and steep it in hot water for 10 minutes. Drink it 30 minutes before bedtime. Or drink a glass of pure, warmed grapefruit juice. If you prefer it sweetened, use a little bit of raw honey. Or cut a yellow onion and put it in a glass jar. When you can't sleep, or if you wake up and can't fall back asleep, open the jar and inhale deeply. Close the jar. Close your eyes, think lovely thoughts and you'll fall back asleep.

#### MEMORY PROBLEMS

Carrot juice, milk, fresh ginger, sage tea, cloves

For mild memory problems, try this memory-improving drink. Mix 1/2 cup of carrot juice with 1/2 cup of milk and drink daily. Or use daily doses of fresh ginger in cooking or tea. Ginger is known to improve memory. Or brew a cup of sage tea, and add four cloves. Drink daily. Sage and cloves are believed to strengthen memory.

#### POISON OAK/IVY/SUMAC

Banana skin, lemon, garlic, tofu

These remedies can help ease the itching and redness of poison ivy. Rub the inside of a banana peel directly over the affected skin. Use a fresh banana every hour for a day. (Freeze the leftover banana pieces to use in smoothies or eat on hot days.)

You also can slice a lemon and rub it on the area. This helps stop the itching and clears the skin. Or chop up 4 cloves of garlic and boil them in 1 cup of water. When the mixture is cool, apply it with a clean cloth to the area. *Another remedy:* Mash up pieces of tofu directly on the itchy area and hold them in place with a cloth or bandage. This should cool off the area and help any poison ivy flare-up.

#### SINUS PROBLEMS

Tomato juice, garlic, cayenne pepper, lemon juice

When your sinuses feel clogged and uncomfortable, this bracing drink can help. Combine 1 cup tomato juice, 1 teaspoon freshly chopped garlic, 1/4 to 1/2 teaspoon cayenne pepper (according to your spice tolerance) and 1 teaspoon lemon juice. Heat the mixture until warm. Drink it slowly, and it should help clear sinuses quickly.

#### Kitchen Cures Shopping List

Keep your kitchen stocked with these ingredients—and you'll have homemade remedies and cures at the ready!

- ☐ Allspice
- ☐ Apples
- ☐ Baking soda
- ☐ Banana (skin)
- ☐ Carrot juice
- ☐ Cayenne pepper
- ☐ Cloves (powdered)
- ☐ Cloves (whole)
- ☐ Coconut oil
- ☐ Figs (dried)
- ☐ Garlic
- ☐ Ginger
- ☐ Grapefruit
- ☐ Grapefruit juice
- ☐ Green tea
- ☐ Honey
- ☐ Lemon
- ☐ Lemon juice
- ☐ Milk
- ☐ Nutmeg (whole)
- ☐ Onion (yellow)
- ☐ Papaya
- ☐ Potato
- ☐ Prunes
- ☐ Prune juice
- ☐ Sage tea
- ☐ Spearmint or peppermint
- ☐ Thyme
- ☐ Tofu
- ☐ Tomato juice

# Horseradish

From fiery to fabulous, this spicy root is a flavor-lover's dream.

2011 Herb of the Year

By Susan Belsinger

It's a botanical superhero, able to clear sinuses, boost the flavor of sauces and provide lush vegetation in a single bound. Its versatility and under-appreciated ubiquity make horseradish a perfect candidate for the International Herb Association's Herb of the Year.

In Herbs, Spices and Flavorings (Overlook, 2000), Tom Stobart describes the flavor of horseradish as exceedingly pungent and "apt to run up the nose," a description that fairly well describes its path. The direct opposite of "slow burn," horseradish races up your sinuses and instantly makes its presence known. This quality probably accounts for one of its folk names, "stingnose."

Regardless of what it's called, Armoracia rusticana is an herbal root with a deep history. Horseradish was wellknown to the Egyptians by 1500 B.C. Early Europeans primarily used horseradish as a medicine. For centuries, the root was rubbed on sore joints to relieve rheumatism, and pressed upon foreheads to relieve headaches-a practice that actually may have helped alleviate sinus-type pain. By the Renaissance, the root of horseradish achieved renown as a savory meat relish in Germany, and its popularity spread from there.

The first sales of prepared horseradish were recorded in the 1860s, making it a forerunner of convenience foods.









Grow and harvest horseradish, and reap the benefits of this pretty plant's peppery roots. Horseradish can bring out the flavor in even sweet dishes, and allyl isothiocyanate, a chemical in the root, is a natural decongestant.

#### Who Says It's Herb of the Year?

The International Herb Association has proclaimed horseradish the Herb of the Year for 2011. Herbal enthusiasts, gardeners, botanic gardens, nurseries and garden clubs will honor heady horseradish all year long. Herb of the Year aims to educate and promote a specific herb all year at festivals, herbal events, education days, herb fairs and plant sales. Look for events in your area to learn about cultivating, harvesting and processing this historic root.

The association offers encouragement and guidance to herb professionals and entrepreneurs with newsletters, publications and conferences. Although July has been officially proclaimed as National Horseradish Month by the Horseradish Information Council, the International Horseradish Festival is held during the first week of May in Collinsville, Illinois, located east of St. Louis, Missouri. All food served at the festival has to be eaten with horseradish or have horseradish in it. A recipe contest, a horseradish root toss and a horseradish root bagging contest are among the attractions. Find out more about the herb world at <a href="https://www.horseradishfestival.net">www.horseradishfestival.net</a>.





#### Horseradish in the Kitchen

This pungent root adds assertive flavor to all types of dishes, from cocktails to desserts. An essential ingredient for a proper Bloody Mary, horseradish adds a kick to this favorite savory libation or to simple tomato juice. One of the most popular uses of horseradish, commercially and in the home kitchen, is in cocktail sauce. Made from ketchup and grated prepared horseradish, sometimes with a squeeze of lemon juice, this sauce is used as an accompaniment for shrimp, clams, oysters and mussels, and with breaded or battered fried fish. You can also try folding freshly grated horseradish into whipped cream for a royal accompaniment to roast beef. Horseradish has been used since Biblical times to represent bitter herbs on the Seder plate for Jewish Passover. That bitter note has a curious effect on other flavors, sometimes creating an unexpected sweetness in cooked dishes.

Early, tender horseradish leaves have a pleasant flavor with just a touch of pungency and can be added to salads. The grated root enlivens salads, soups and sauces, and is often added to mayonnaise and mustard to make them more piquant. I use horseradish mayonnaise in coleslaw and potato salad, on sandwiches, with seafood and as a dipping sauce for artichokes.

You can mix fresh-grated or prepared horseradish with mayonnaise, sour cream, yogurt, cream cheese or a combination thereof, embellish with chopped herbs such as garlic, parsley, chives, tarragon, basil, perhaps a little mustard, paprika, or a pinch of sugar, a dash of lemon juice or vinegar, and salt and pepper. Use this as a sauce for virtually anything—sandwiches, beef, fish, slaw, vegetables, potatoes—or use it as a dip with vegetable crudités, crackers or chips.

Horseradish plays well with potatoes in any form; mixed with sour cream and chives it's great on baked, steamed or oven-roasted potatoes. Combined with garlic mashed potatoes, this mixture makes for a seriously scrumptious dish. I often make "mashies" with turnips, sweet potatoes, rutabagas and/or parsnips, which all combine well with horseradish.

In Eastern Europe, horseradish is popular in cream sauces and, mixed with grated apples or beets, as a condiment with poultry, fish and eggs. Horseradish tastes great in deviled eggs, egg salad and even scrambled eggs. Heat destroys the mustard oils that give horseradish its heat, and it becomes rather earthy, sweet and nutty, though a slight pungency remains. Add it to root vegetable soups, stews and chilies. It is unbeatable baked in all sorts of vegetable casseroles with root vegetables, winter squashes and members of the Brassica family.

#### Growing Horseradish

For the commercial farmer, horseradish is a labor-intensive crop. The fields must be planted by hand. The plants "tie up" the ground year-round and are not always harvested all at once. For the most pungent flavor, the roots are left in the ground until after a killing frost. For the home gardener, horseradish is easy to cultivate, and handsome in the garden with its huge, bright-green leaves. Allow plenty of space, since plants get between 2½ to 3 feet tall, and at least that wide. The blooms, which appear in the second year, are edible—showy, big white spikes—and have a mild horseradish flavor.

A few plants will be more than adequate. Because the horseradish plant is invasive and nearly impossible to get rid of, plant in an isolated or contained area. Dig or till the ground 18 to 24 inches deep, working in some manure or compost. Young root cuttings, purchased or taken from a friend's plants, should be fairly straight, about 6 to 8 inches long and about 1/2 inch across.

Purchased roots will have been trimmed with a sloping cut on the lower end and a vertical cut on the upper end. As Illinois horseradish grower Bob Keller explains: "Plant the root with the wider straight-cut end up and the diagonal-cut on the thinner end down. Lay the root in the hole with the wide end slightly elevated, as if you were putting your head on a pillow to lie down like you were going to bed." Make holes about 12 inches deep and at least 18 inches apart. Place a root in each hole and cover with soil. Horseradish will grow in almost any sunny location (heavy soils tend to promote forked roots), and thrives in enriched, well-drained soil that is kept free from weeds.

Horseradish grows best in cooler weather—fall is the time for the greatest growth and the peak time to use the fresh roots. The tastiest, most tender roots come from first-year plants. Roots can be left in the garden year-round and dug when needed, or they can be dug in late fall and kept in the refrigerator or in a cold root cellar. Roots left in the ground for longer than a year tend to be pithy and are more likely to become diseased.

I prefer to dig the roots every year, store them, and then plant sections of roots in early spring. That doesn't mean that beautiful horseradish plants that are a few years old should be completely abandoned. The main roots are probably pithy, but it's worth digging them up to see if there are some usable small side roots.





If it's simplicity you're after, a simple butter with horseradish and a minced herb or two is great on warm rolls or bread, veggies, potatoes, or grilled or broiled fish—some flavor-loving cooks even put it on top of steak.

Most folks wouldn't think of adding horseradish to a dessert. However, it has an affinity with apples and pears, so be daring and try combining the grated root with fruit. It is delightful in applesauce and makes a tasty apple pie: I like the latter New England-style with a thin slice of sharp cheddar on top.

Horseradish is full of nutrients like vitamin C, iron, calcium, magnesium, phosphorus, potassium and zinc. It is a circulatory and digestive stimulant and has antidepressant, antibacterial, anti-cancer, antioxidant, detoxifying and expectorant properties. (*Note:* Avoid horseradish if you have an underactive thyroid.)

According to Richard Mabey, author of *The New Age Herbalist* (Fireside, 1988), "Horseradish is a powerful circulatory stimulant with antibiotic properties due to the mustard oil it contains. It is effective for lung and urinary infections because mustard oil is excreted through these channels." Recently having tested many horseradish recipes for a number of days in succession, I can attest to the fact that horseradish is a diuretic.

If you have a cold and blocked sinuses, take about 1/4 teaspoon of horseradish and hold it in your mouth for a minute or so. This will clear your sinuses and help break up mucus. Herbal doyenne Rosemary Gladstar has taught many budding herbalists her recipe for Fire Cider Vinegar using grated horseradish, garlic, gingerroot and cayenne with a little honey—there is nothing better for the cold and flu season!

## Preparation and Storage of Horseradish Root

If you are inspired to use horseradish but don't have any in your garden, look in the grocery store or farmers' market for long, thick, brown-skinned roots with gnarly knobs. They will be anywhere from 6 to 12 inches long and should be firm and free of soft spots; long-stored roots tend to become soft and rubbery. Roots with a greenish cast tend to have a bitter layer under the brown skin that should be trimmed away. Store roots in an open plastic bag in the refrigerator—as long as they are firm and free of mold, they are edible. If you have a cold room or root cellar, keep them in a bucket or box of sand.

In most recipes, prepared horseradish may be used in place of freshly grated horseradish, though fresh horseradish will be hotter and more pungent. A rule of thumb is to substitute 4

teaspoons of prepared horseradish for 1 tablespoon of freshly grated horseradish. Because prepared horseradish is preserved with vinegar, you will need to deduct some lemon juice or vinegar from the recipe.

Freshly grated horseradish turns brown after grating and tends to lose its bite after sitting a while, so it's best to grate the root just before using unless it is to be mixed into a sauce or preserved with vinegar. The hot mustard oil in horseradish dissipates with exposure to air, so grate and use it fairly quickly. Fresh or bottled, horseradish should be kept refrigerated: heat is the main enemy of this root. Even when refrigerated, prepared horseradish gradually loses its pungency. Plan to replace it after three or four months.

To preserve horseradish roots, remove the tough, brown outer skin with a sharp paring knife. (Manufacturers say you don't have to peel it—just scrub it well—but you will have brown flecks in your finished product if you leave the skin on.) Grate the roots or cut into cubes and process in a blender or food processor. Adding cold water and/or crushed ice will make the processing easier and also keep down the volatile fumes. Be sure the kitchen is adequately ventilated, and when you remove the top of the blender or processor, step back for a few minutes and do not inhale the fumes. Unless you want a mild version, let the roots sit for five to 10 minutes before combining with vinegar—processing with an acid such as vinegar or lemon juice right away will lessen the potency of the prepared horseradish.

Mix about 1/4 to 1/3 cup of white vinegar (I use rice or white wine vinegar; apple cider vinegar also works well except the color is a bit darker) for every 2 cups of freshly grated horseradish. Some commercially prepared horseradishes also contain a little soybean oil, lemon juice and/or sugar. Add salt to taste, about 1/2 to 1 teaspoon. If necessary, stir in a little more vinegar or water, to ensure that the mixture is well-moistened, yet not too runny. Pack into sterilized jars, seal and refrigerate. It is best to process in small amounts, since the prepared horseradish only lasts for about three months in the fridge.



Susan Belsinger is a long-time herbal enthusiast who wrote Dill, Herb of the Year 2010 for the International Herb Association.

To read more, see the International Herb Association's book, Horseradish, Herb of the Year 2011, edited by Susan Belsinger. To purchase, visit www.iherb.org or write to Marge Powell at the International Herb Association, P.O. Box 5667, Jacksonville, FL 32247-5667.

### Aïoli with Horseradish

The most famous garlic mayonnaise is the aïoli of Provence. This aïoli makes an exceptional dipping sauce for crisp-tender asparagus, carrots and cauliflower; for steamed artichokes; and for raw radishes, celery and fennel. It is good with cold steamed mussels, scallops and shrimp, and for grilled vegetables, meat, poultry and fish, or as a sandwich spread. MAKES ABOUT 1 CUP

1 or 2 fresh garlic cloves, thinly sliced 1 extra-large egg yolk About 1 tablespoon lemon juice About ¾ cup olive oil Salt and freshly ground pepper About 1 teaspoon Dijon-style mustard 1 to 2 tablespoons freshly grated horseradish root

- With a pestle, pound sliced garlic to a paste in a porcelain or marble mortar; there will be some small bits that do not completely break down. If you don't have a mortar and pestle, mince the garlic very fine, then mash it well with the flat of a cleaver or large knife.
- 2 Stir egg yolk into the garlic paste and loosen the mixture with the lemon juice. Add the oil drop by drop at first, stirring continually. After about ¼ cup of oil has been added, drizzle the oil in a thin stream, stirring continually. When the aïoli has emulsified, season with salt and pepper, and more lemon juice if desired. Stir in mustard and horseradish.
- 3 Store the aïoli in a tightly covered glass jar for up to a week. The flavor is best when the aïoli is fresh, but any that's left over (doubtful) is good in salads.

Note: To make the aïoli in a food processor, add garlic to the processor and pulse a few times, then add egg yolk and lemon juice. Drizzle oil through the feed tube in a thin stream until the aïoli emulsifies. Season with salt, pepper and lemon juice. Stir in the mustard and horseradish until just combined.





### Mashed Potatoes with Horseradish

This is your basic mashed potato recipe with horseradish added. My favorite accompaniment to mashed potatoes is stewed tomatoes—it works with the horseradish mashies also. Adding a little of the cooking water adds liquid without all of the calories of the cream and butter. SERVES 6 TO 8

2½ to 3 pounds potatoes

2 to 4 tablespoons unsalted butter, melted

3 to 4 tablespoons freshly grated horseradish or prepared horseradish

¼ to ½ cup milk, cream or half-and-half, heated Salt and freshly ground pepper

- 1 Peel potatoes, cut them into chunks and cook them in lightly salted water at a simmer until they are just tender, about 15 minutes.
- 2 Drain potatoes, reserving the cooking water. Rice or mash the potatoes together with a potato masher or a fork. Do not use a food processor.
- 3 Return mashed potatoes to the pan off the heat. Add butter, horseradish and about 2 to 4 tablespoons of the reserved cooking water. Add milk, cream or more cooking water to obtain the consistency of mashed potatoes you like. If you like them softer, add a little more liquid. Season the potatoes and heat through; they can be kept warm in a 300-degree oven for an hour or so.

### Beet Gratin with Horseradish

This preparation is scrumptious. Steam, boil or oven-roast whole beets until they are crisp-tender. Transfer them to a bowl of cold water and rub firmly to remove their skins. Halve the beets and slice them into ¼-inch slices. The earthiness of the beets and the richness of the cream combined with the horseradish for zest and balance results in great flavor. SERVES 8 TO 10

About 6 generous cups cooked beets
Salt and freshly ground pepper
½ cup whipping cream or half-and-half
½ cup sour cream or crème fraiche
3 cloves garlic, pressed or minced fine
½ cup freshly grated horseradish or deli-style horseradish preserved in vinegar
1 cup fine dry breadcrumbs

- Preheat oven to 375 degrees. Arrange half of the cooked beets in a buttered ovenproof dish and season lightly with salt and pepper. In a bowl, combine cream, sour cream or crème fraiche, garlic and horseradish. Pour half of the mixture over the beets and repeat layers with the remaining beets and horseradish cream. Bake for 20 minutes.
- 2 Sprinkle breadcrumbs over the top and bake for 10 minutes more until the top is golden brown and the mixture is bubbling. Serve hot.



### Pimento Cheese with Horseradish

There are many variations for this retro cheese spread from the South—it is very easy to prepare and tasty. You can prepare it quickly when guests drop in and it keeps in the fridge for up to a week. Traditionally, the cheese was ground through a meat grinder—it can be made in a bowl with a fork—and a food processor makes it in a snap. Using the lesser amount of horseradish, combine all ingredients until blended, leaving some texture so that it isn't totally smooth. Taste for seasoning and add a bit more horseradish, mustard or cayenne, if desired. Pimento cheese can be served with crackers or stuffed into celery. You also can spread on sandwich bread, brush the outside of sandwiches with melted butter and cook on a griddle until golden, as pictured. MAKES 1½ TO 2 CUPS

2 to 3 tablespoons fresh-grated or prepared horseradish 12-ounce package sharp cheddar cheese, shredded 1 (4-ounce) jar chopped pimentos, drained ½ to ½ cup mayonnaise 1 teaspoon Dijon-style mustard (optional) Freshly ground pepper Pinch ground red pepper 1 large clove finely minced or pressed garlic (optional)

Combine ingredients; cover and chill.

VARIATIONS: You can add chopped onion, sweet pickles, sliced olives, mustard or Worcestershire sauce.

### Individual Pear Crisps with Horseradish

Top this warm dessert with Greek yogurt, sweetened whipped cream or ice cream. If using freshly grated root rather than prepared, add about 1 tablespoon lemon juice to the pears and sugar. SERVES 4

### **FRUIT**

4 firm, ripe pears, peeled, cored and sliced into quarters lengthwise ½ cup demerara, turbinado or light brown sugar

2 tablespoons freshly grated horseradish or prepared horseradish 1 lemon (optional)

4 small bay leaves, fresh or dried Crisp Topping, recipe at right

1 Preheat oven to 375 degrees. Generously butter 4 (5- by 1-inch) baking dishes.

2 Cut quartered pears crosswise into slices. Combine pears, sugar and horseradish; squeeze lemon over the pears if using, and toss well. Spoon fruit mixture into prepared dishes; top each with a bay leaf and sprinkle with Crisp Topping.

3 Bake 30 to 35 minutes or until topping is golden: cool 15 minutes on a wire rack.

### CRISP TOPPING

1/2 cup unbleached flour

½ cup demerara, turbinado or light brown sugar (not packed)

½ cup ground almonds

Pinch of salt

4 tablespoons cold, unsalted butter, cut into bits

1 Combine first 4 ingredients; cut butter into flour mixture with a pastry blender until mixture is crumbly.

Note: Pear Crisp can be baked in an 8-inch square baking dish. Use only 1 bay leaf.



### Shrimp Salad with Creamy Horseradish Dressing

This fresh, crisp salad recipe with horseradish dressing is from The Herb Companion's food stylist, Judy Feagin. SERVES 4

### SALAD

1½ pounds unpeeled, large raw shrimp

8 cups mixed salad greens

2 tablespoons fresh dill, chopped

2 tablespoons fresh parsley leaves

2 avocados, peeled and sliced

1 small red onion, sliced

Creamy Horseradish Dressing

Bring 6 cups salted water to a boil; add shrimp and cook 3 minutes or just until shrimp turn pink. Drain and rinse with cold water. Peel shrimp, leaving tails on. Devein, if desired.

2 Arrange shrimp, salad greens and next 4 ingredients on a salad plate; drizzle with Creamy Horseradish Dressing.

### CREAMY HORSERADISH DRESSING

½ cup mayonnaise

¼ cup ketchup

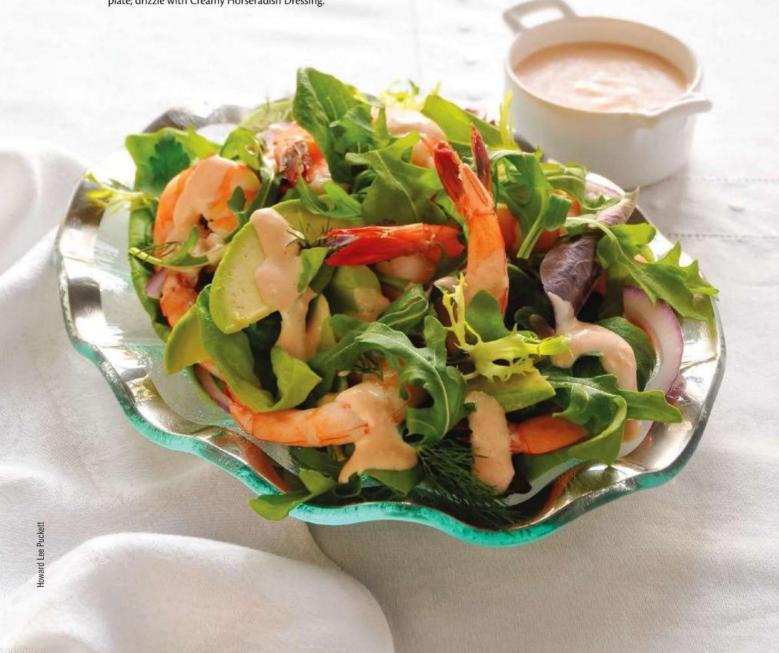
2 to 3 tablespoons prepared horseradish

1 teaspoon Worcestershire sauce

1½ tablespoons fresh lemon juice

1/4 teaspoon freshly ground pepper

1 Stir together all ingredients; cover and chill.



### Basic Coleslaw

This recipe is adapted from the coleslaw in Sacramental Magic in a Small-Town Café by Brother Peter Reinhart. My adaptation adds salt, cuts down on the vinegar, pepper and sugar, and adds some horseradish. See variations at the end of the recipe, too. SERVES ABOUT 6

5 cups green cabbage, finely shredded ½ cup red or yellow onion, grated ½ to 1 teaspoon salt, to taste Freshly ground black pepper Scant 1 cup good-quality mayonnaise 2 to 3 tablespoons fresh-grated or prepared horseradish 2 tablespoons apple cider vinegar, preferably organic 1½ tablespoons sugar or pure maple syrup

- ① Combine the cabbage and onion in a large bowl, season with salt and pepper (start with about ½ teaspoon of each), and toss well. Add the mayonnaise, horseradish, vinegar, and sugar or maple syrup. (I find if you use the syrup, you need a little more than when using sugar.)
- 2 Cover and refrigerate for at least an hour. Remove from refrigerator, stir, and taste for seasoning. Adjust with a little more vinegar, sugar, salt and pepper, mayonnaise or horseradish according to taste.
- 3 Keep refrigerated until ready to serve; keeps for about 5 days but the cabbage tends to get watery after a few days.

VARIATIONS: Add any one (or two) of these ingredients for a tasty variation of the basic.

1 medium grated carrot

½ teaspoon Hungarian-style paprika

2 to 3 tablespoons chopped dill

1 teaspoon Dijon-style mustard

¼ to ½ teaspoon celery seed

### Baked Carrots with Horseradish

My Aunt Janet first made this dish and thereafter was requested to bring it to family functions. This is my version of the dish, which is also delicious with sweet potatoes. Slice carrots or other vegetables and steam until crisp-tender; they should be al dente as they will be cooked further in the oven. SERVES 6

6 cups cooked carrots (about 2 pounds)

Salt and freshly ground pepper

 $\frak{1}{4}$  cup whipping cream, half-and-half or whole milk

¾ cup mayonnaise

3 cloves garlic, pressed or minced fine

3 to 4 tablespoons freshly grated horseradish or prepared horseradish

Freshly grated nutmeg

1 cup crushed cornflakes or fine dry breadcrumbs

- 1 Preheat oven to 375 degrees. Arrange cooked carrots in a buttered baking dish; lightly sprinkle with salt and pepper.
- 2 Stir together cream, mayonnaise, garlic and horseradish; season with salt and pepper and a few generous grinds of nutmeg. Pour mixture over carrots; sprinkle cornflakes or breadcrumbs on top.
- 3 Bake 25 to 30 minutes until the top is golden brown and mixture is thoroughly heated. Serve immediately.



### Leek and Celery Root Gratin with Horseradish

Three root vegetables are combined here to make a simple dish. The earthy flavor of celery root goes well with the sweetness of leeks. If you don't have celery root, try a sliced fennel bulb in its place. The horseradish remains quietly pungent, but its heat disappears when it is cooked. I like this dish well enough to make a meal of it, accompanied by rye bread, radishes, pickled onions and some aged cheese. It is excellent with roast duck or game birds, as well as with roast chicken and beef. This recipe is excerpted from *The Onion Book* (Interweave, 1996) by Carolyn Dille and Susan Belsinger. SERVES 4 TO 6

2 pounds leeks

1 pound celery root

1 tablespoon unsalted butter

1½ tablespoons extra-virgin olive oil, divided

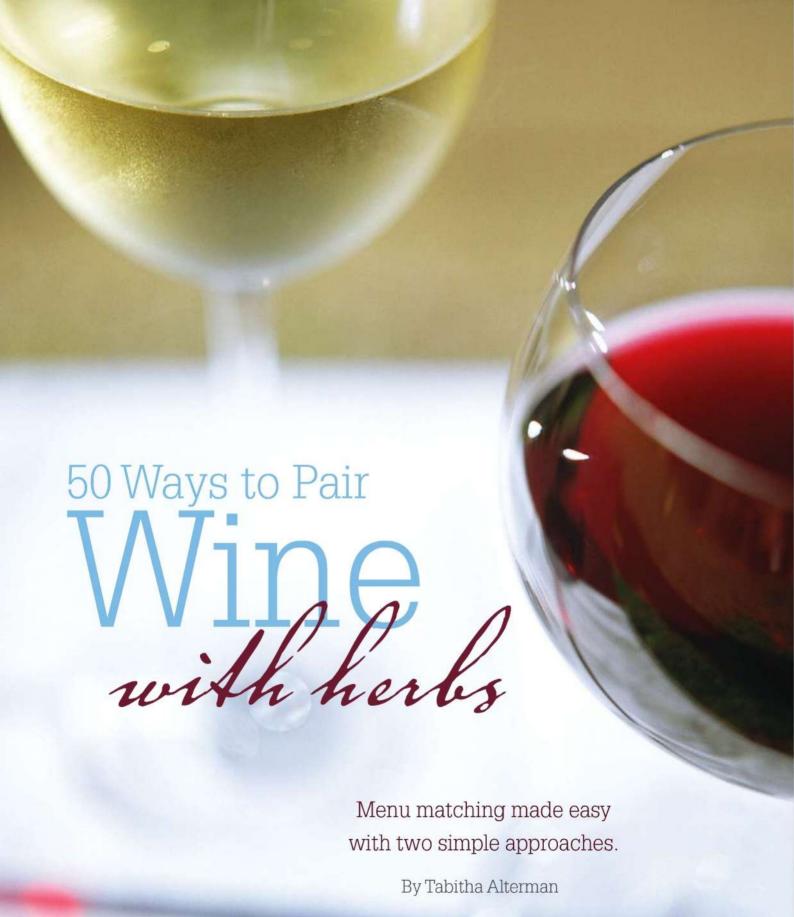
Salt and freshly ground pepper

1 cup stale bread, cut into 1/4-inch dice

1 clove garlic, minced

½ cup whipping cream

- 2 to 3 tablespoons prepared horseradish or 1½ to 2 tablespoons freshly grated horseradish
- Clean and trim leeks; cut them in half lengthwise. Rinse well and pat them dry. Slice them crosswise ¼-inch thick.
- 2 Peel celery root, cut it into eighths lengthwise, and slice the wedges crosswise ¼-inch thick.
- 3 Preheat oven to 350 degrees. Butter a 1½- to 2-quart gratin
- 4 Heat butter and 1 tablespoon of the oil in a large sauté pan over medium heat and add celery root. Cook and stir for about 4 minutes. Add leeks and cook and stir for about 6 minutes. Season with salt and pepper and transfer the sautéed vegetables to the gratin dish.
- **5** Add remaining oil to the hot sauté pan, along with bread and garlic. Add salt and pepper and toss over medium heat for about 4 minutes. Remove from heat.
- 6 Stir cream and horseradish together and drizzle over the sautéed vegetables. Sprinkle the bread on top. Bake for 25 minutes until golden and bubbling. Serve hot.



# Choose a wine for your food borsed on flavor quality or the predominant herb, with our two handy charts.

As I are the oysters with their strong taste of the sea and their metallic taste that the cold white wine washed away, leaving only the sea taste and the succulent texture, and as I drank the cold liquid from each shell and washed it down with the crisp taste of the wine, I lost the empty feeling and began to be happy and make plans.

-Ernest Hemingway, A Moveable Feast

What goes together better than wine and food? It's the quintessential pair-up, isn't it? In fact, according to celebrated French chef Daniel Boulud, "the two cannot be considered separately if they are on the table at the same time."

Some wines are indeed better friends with some foods than others. And that's especially true when the strong and pungent flavors of aromatic herbs and spices enter the picture. Two basic approaches to wine pairing are like-with-like and opposites-attract. You can choose to team up foods and wines that are similar in some way (buttery California Chardonnay with beurre blanc sauce) or allow opposing forces to balance each other out (blue cheese and port). The real fun comes when you begin to play with your food (and wine)—when you embrace the rules just enough to enjoy breaking them.

Maybe you're intimidated by the idea of trying to serve the right wines with the right foods. Or maybe you think the rules are so complex that you'll never understand any of it. Before we get started, let's establish the cardinal rule: *Drink what you like!* 

Of course, in learning to pair wines with food you will hopefully discover new wines to like, too. If you're lucky, you'll find a wine that doesn't simply avoid competition with your main dish, but one that complements it so much that a new level of flavor ecstasy is achieved—when the food and the wine actually make each other taste better—specifically when the herbs in the food are brought to their very best by a wine match made in heaven. According to master sommeliers Andrew Dornenburg and Karen Page, this is the case with certain time-honored match-ups like dill and Sauvignon Blanc, basil and Sangiovese or rosemary and Cabernet Sauvignon.

## How much does my wine weigh?

Perhaps the most important factor to consider when choosing the team players on your dinner table is weight. Hold up ... did I say "most important"? I've broken the cardinal rule! Just

checking to see if you were paying attention: First and foremost, drink what you like!

That said (again), you'll almost always want to match the weight of the wine with the weight of your meal. You can probably decide the weight of foods instinctively. Steamed shellfish? Grilled chicken? Light. Braised lamb shank? Spaghetti carbonara? Heavy. In general, rich dishes call for rich (full-bodied, highly flavorful) wines while light, subtle dishes call for light, subtle wines.

So is the dish you're serving tonight light, medium or heavy? Start by trying to match it to a wine with similar body. Heavy red wines have always and will always call out for heavy red meats, but some lighter reds (Pinot Noir, for example) might be a better match for a heavier fish like salmon than would a full-bodied, oaky Chardonnay. For more about wine body, see Page 53.

How do you determine wine weight? When you read about specific wines in books or wine publications, or glance at the wine descriptions on cute little placards in the wine store, look for words like big, oaky, buttery, bold and luscious to reveal the fuller-bodied wines. Soft, delicate, light ... now you're talking light-bodied wine. The following general classifications will also help you out, but keep in mind that some wine styles fall on the spectrum in more than one spot, depending on age and other factors. Read those cute little placards!

### Pairing Wines with Flavor Qualities

Some foods and wines will fight with each other. Bitter foods (like walnuts or arugula) will become even more bitter if you wash them down with puckering, overly tannic wines (such as young Cabernet Sauvignon). But the bitterness in the food begs the wine to have a bit of backbone to stand up to it. Go for something like Pinot Noir with moderate tannins. The same can be said of acidic foods. Acid in a food will heighten the fruit flavors in wine, and tartness in food softens tartness in wine. So if you're serving a tangy dish featuring young goat cheese or tomatoes, opt for acidic, crisp and fruity wines. See chart on Page 49.

How do you know when to compare versus contrast? Derek Todd, sommelier at the farm-friendly restaurant Blue Hill at Stone Barns in Tarrytown, New York, enjoys searching for that just-right pairing: "There is magic in that distance between the



### Serrano-Wrapped Figs with Blue Cheese

**Pair It With:** A Sparkling Wine Serves 6

10 fresh figs (black mission or brown turkey), stems removed
5 ounces blue cheese (such as Rogue Smoky Blue), split into 10 portions
10 fresh sage leaves
½ cup aged balsamic vinegar
10 thin slices Serrano ham, about ½ inch wide and 2 inches long
Short decorative skewers
(if using wood, soak in water for 10 minutes first)

■ Slice figs vertically from the top almost to the bottom, but leave them intact at the bottom. Insert a dollop of blue cheese into the center, and press closed. Roll each fig in balsamic vinegar, then press a sage leaf on one side and wrap the ham around the fig. Slide a short skewer through the middle to keep it together, and pour any remaining vinegar over them.

■ Heat a grill or grill pan to medium-high, and grill each fig about 2 minutes per side. Serve warm.

food and the wine. The ideal match fills in that space." Feel free to experiment, too. Sometimes an unorthodox pairing will become your new favorite meal. Amy Reiley, a Master of Gastronomy and an expert on aphrodisiac foods, loves to pair dark chocolate truffles with a full-bodied, oaked Chardonnay from Peju winery in Napa. (For her handmade truffles recipe, visit www.peju.com.)

Ready to experiment? Here are a few ideas to help you work on your matchmaking chops, and a handy chart to help you get a handle on some basic flavor quality pairings.

### Like-With-Like

- Serve bitter foods with tannic (bitter) wines. Just be careful not to overdo it. You never want the food or the wine to erase the taste of the other.
- If savory dishes have a bit of sweetness to them, pair them with slightly sweet wines.
- If dishes have a lot of sweetness to them (desserts), pair them with really sweet wines (dessert wines). Most sommeliers agree the dessert should never be sweeter than the wine.
- Match acidic wines and acidic foods.
- · Team up buttery wines and buttery dishes.

## Opposites Attract

- · Serve bitter foods with fruit-forward wines.
- · Pair tannic red wines with fatty red meat.
- Match supersalty and super-rich foods to highly acidic wines. The acid will cut through the richness.
- Pair salty and creamy foods with sparkling wines. The bubbles act like scrubbing bubbles on your tongue, enlivening the palate.
- · Try sweet wines with salty and spicy foods.

### Pairing Herbs with Wines

There are tons of affordable wines that pair well with herbaceous foods. In fact, you would be wise to avoid serving any especially aromatic and herby foods with aged, complex (read: expensive) wines. The chart on Pages 50 to 52 will help you choose wines for dishes that have pronounced flavors from specific herbs and spices. But remember to consider what you like, as well as the "weight" and other flavor qualities of the main dish.

Tabitha Alterman is the food editor at Mother Earth News and Natural Home magazines. She wonders if a small-fishbowl-sized glass counts as ONE glass of wine.

### Rosemary Walnut Tarts

### Pair It With: Aged Sherry or Madeira Serves 4

### FOR THE PASTRY:

1½ cups pastry flour

½ cup unsalted butter, chilled and cut into cubes

½ cup powdered sugar

3 large egg yolks

1 tablespoon fresh rosemary

1 tablespoon ice-cold water

■ Pulse flour, butter and sugar in food processor until the consistency is that of fine breadcrumbs. With the mixer running, add egg yolks, rosemary and water and blend until a ball of dough forms. Press the dough flat onto a plate covered with parchment paper, and refrigerate for 1 hour.

2 Roll dough to about 1/2-inch-thick. Press into tart pans, trim edges and pierce all over with a fork. Chill the tart pans while the oven is preheating to 375 degrees. Line each pan with parchment paper, fill with dry beans to weigh down crusts, and bake 15 minutes.

### FOR THE FILLING:

2 ounces unsalted butter

1 sprig rosemary

3 eggs, separated

½ cup superfine sugar

1 tablespoon all-purpose flour

Zest of 1 lemon

6 ounces English walnuts, chopped

Powdered sugar, for garnish

Heat butter and rosemary in a saucepan over medium-low heat, until butter just begins to bubble. Remove rosemary and chill the butter in the refrigerator.

2 With an electric mixer, beat egg yolks and sugar until thickened. Beat in chilled butter, flour and zest, then fold in walnuts.

3 In a separate bowl, beat egg whites until soft peaks form, then fold into walnut mixture. Pour into tart shells, and chill in refrigerator while oven preheats to 350 degrees. Bake tarts for 10 to 15 minutes, or until toothpick inserted into center comes out clean.



### Sauvignon-Baked Trout with Herbed Celery Root Mash

**Pair It With:** Sauvignon Blanc (or other crisp, dry white wine) Serves 4

### SAUVIGNON-BAKED TROUT

4 trout filets

2 tablespoons kosher salt

2 tablespoons garlic, minced

Bottle Sauvignon Blanc

2 bay leaves

6 tablespoons unsalted butter, divided

4 sprigs fresh thyme

Freshly ground pepper

1 large leek (white and light green parts), sliced into rounds

1 medium carrot, shaved into thin pieces

Place fish in large container for brining. Mix salt, garlic and wine together, and pour over fish. Tuck in bay leaves. Cover and set aside to marinate for about 1 hour.

2 Heat 2 tablespoons of the butter, thyme and pepper in a heavy skillet, and add the leek and carrot. Heat on medium-high until crisp-tender, about 5 minutes.

3 Preheat oven to 450 degrees. Place each fish skin-side down in a large roasting pan. Cover with vegetable mixture, dot with a few small pats of butter, then pour wine over. Set the skillet aside. Roast until fish is opaque in center, about 10 to 15 minutes.

4 Transfer the fish and vegetables to a platter and tent with foil to keep warm. Pour the liquid back into skillet, and boil until reduced by about half. Remove thyme and bay leaves, and add remaining butter. Whisk until butter is melted. Season to taste with salt and pepper.

### HERBED CELERY ROOT MASH

1 head garlic

1/4 cup veggie or chicken stock

2 large celery root bulbs, peeled and cubed

1 large potato, peeled and cubed

¼ cup cream

1/4 cup unsalted butter

2 tablespoons horseradish, grated

2 tablespoons fresh chives, chopped

2 tablespoons fresh parsley, chopped

Sea salt and freshly ground pepper, to taste

Preheat oven to 350 degrees. Place garlic head on its side, and slice about 1/4 inch off the top. Set the head on its base, on a 2-by-2-inch square of aluminum foil. Drizzle half of stock over it, and pinch the foil closed at the top. Bake until cloves are soft, about 15 minutes.

2 Add celery root and potato to boiling salted water, and boil until soft, about 15 minutes. Drain and add to a mixing bowl. Depending on how much you love garlic, squeeze as many of the roasted garlic cloves as you would like into the bowl. Add cream, butter, horseradish and remaining stock, and beat just until everything is soft and fully incorporated. Fold in chives and parsley. Season to taste with salt and pepper.

3 To serve, spoon a small mound of celery root mash onto each plate and flatten slightly. Forming a well, spoon some of the vegetable mixture into the center of each mound. Place a fish filet, skin-side down, against and



### Aromatic Red Wine Stew with Gremolata Swirl

**Pair It With:** Medium or Full-bodied Red Wine Serves 8

### FOR THE STEW:

- 1 bay leaf
- 2 sprigs fresh thyme
- 2 cinnamon sticks
- 1 teaspoon whole cloves
- 1 star anise
- 3 pounds chuck roast, cut into ½-inch cubes
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 3 tablespoons olive oil
- 1 large onion, chopped
- 2 large carrots, cut into rounds
- 3 to 5 ribs celery, sliced into ¼-inch pieces
- 3 cloves garlic, diced
- 3 tablespoons all-purpose flour
- 2 large tomatoes, diced
- 2 cups red wine (Cabernet, Merlot or Zinfandel)
- 3 cups beef stock
- 2 tablespoons tomato paste

Water

Sea salt and freshly ground pepper

- **1** Using a square of cheesecloth and some cooking twine, prepare an herb sachet with bay leaf, thyme, cinnamon, cloves and star anise. Set aside.
- 2 Toss meat with salt and pepper. Heat oil in a large, heavy-bottom stock pot over medium-high heat. In batches, brown the meat on all sides, about 5 minutes per batch, then set aside.
- 3 Add onion, celery and carrot to the pot, and sauté for a few minutes. Add garlic and flour, and sauté a couple minutes more. Add tomatoes, scraping up any browned bits. Add wine, stock, tomato paste and herb sachet. Bring to a simmer, then add meat.
- 4 Reduce heat to medium, cover the pan and simmer for 1½ hours, stirring occasionally. Remove herb sachet, and add water as needed to achieve the soup or stew consistency you prefer. Simmer a few more minutes, and season with salt and pepper, to taste. To serve, ladle soup into bowls, and drizzle an attractive swirl of gremolata (recipe at right) over the top of each portion.

Sauvignon Blanc, Riesling and Pinot Noir are the "herb-friendliest wines," most frequently recommended by experts for herb-rich foods.



Zest and juice of 2 lemons

4 to 6 cloves garlic, roughly chopped

1 cup fresh parsley leaves

2 tablespoons extra virgin olive oil

1 teaspoon kosher salt

1 teaspoon freshly ground black pepper

Puree all ingredients in a food processor, adding a little water as needed, until everything is fully incorporated into a smooth texture. Keep gremolata in the refrigerator until use.

## That Headache Might Not Be a Hangover

Sulfur dioxide preservatives, or sulfites, are one the classes of chemicals widely used in winemaking. The reason you have probably heard about sulfites but not other chemical additives in wine is that a small percentage of the population has sulfite sensitivities, and drinking wine can cause rashes and other allergic reactions. Wine naturally contains some sulfites, but the winemakers must label that their product "contains sulfites" if the proportion exceeds 10 parts per million. Many other products contain sulfites; dried fruit can have

up to 1,000 ppm. It's more likely that your wine headache is related to other compounds in the wine—namely, tannins, histamines and of course, alcohol. Organic winemakers cannot add sulfur dioxide or other unnatural chemicals, so the best way to avoid sulfur dioxide is to opt for organic wines. Also, red wines contain less sulfites than white wines because the tannins in the wine act as a natural preservative. White dessert wines generally have the most sulfites, followed closely by blush and semi-sweet wines.

# Cheers! Wine and Your Health

Like all really great things, if you enjoy it in moderation, wine is really great for you. It can reduce your risk of heart disease and some cancers, raise your good (HDL) cholesterol, thin your blood, and slow degenerative conditions like Parkinson's and Alzheimer's. The antioxidant phytochemicals in wine (flavonoids and resveratrol) prevent cellular damage in the body and help prevent plaque formation in arteries.

So what's a moderate amount anyway? In general, ladies, that's a glass a day. ONE glass. Fellas? Go ahead, have two!



### Read More

For more good reads on the subject of wine picking, try these selections. *The Flavor Bible* is available on Page 70 or at www.herbcom panion.com/shopping.

THE WINE BIBLE (Workman Publishing Company, 2001)

WHAT TO DRINK WITH WHAT YOU EAT (Bullfinch, 2006)

THE RENAISSANCE GUIDE TO WINE AND FOOD PAIRING (Alpha, 2003)

COOKING WITH WINE (Hoffman Press, 1997)

THE FLAVOR BIBLE (Little, Brown and Company, 2008)



ANDREA IMMER'S WINE BUYING GUIDE FOR EVERYONE (Broadway, 2002)

THE OXFORD COMPANION TO WINE (Oxford University Press, 2006)



For dishes that contain wine, experts recommend serving the same wine that was used in cooking the food.

## Frozen Mint Berry Zen

Pair It With: Red Zinfandel

Serves 6

- 1 lemon
- 1 lime
- 1 orange
- 3 cups mixed berries (blackberries, raspberries, blueberries, strawberries)
- ½ cup sugar

and let cool.

- ¼ cup fresh mint leaves
- 1 tablespoon lemon verbena leaves
- 2 cups Red Zinfandel, chilled
- Mint sprigs, for garnish
- Add zest from the lemon, lime and orange to a saucepan, then slice fruits in half.
   Squeeze the juice from each into pan, and remove any seeds that may have fallen in.
   Add berries, sugar and herbs. Bring to a boil, then remove from heat, strain out herbs
- 3 Stir in red wine, and pour mixture into a 13-by-9-inch glass dish. Cover and place in the freezer.
- 4 About every 20 minutes, remove pan and scrape and stir the contents. Continue doing this until there is no longer any liquid. Serve with a sprig of mint.

# End the What-goes-with-which Confusion

| FLAVOR QUALITY             | WHITES   | REDS  | NOTES  |
|----------------------------|--|---|--|
| ACIDIC/TART                | Pinot Grigio/Pinot Gris,<br>Sauvignon Blanc  | Pinot Noir, Zinfandel (young)   | Acidic, fruity and crisp wines   |
| BITTER                     | Sauvignon Blanc  | Cabernet Sauvignon, Pinot Noir but avoid highly tannic wines  | Wine with moderate tannins   |
| BUTTER AND BUTTER<br>SAUCE | Burgundy, Chardonnay<br>(esp. buttery), sparkling,<br>Viognier   |   |  |
| CREAMY - SAVORY            | Burgundy, <b>Chardonnay</b><br>(buttery), Pinot Grigio/<br>Pinot Gris, Riesling,<br>Sauvignon Blanc, <b>sparkling</b> ,<br>Viognier  |   | Avoid red wine. Cut the cream with something lively and bright.  |
| CREAMY - SWEET             | Muscat, Riesling (sweet),<br>Sauternes, Vouvray (sweet)  | Madeira, port (tawny)   | Late harvest and ice wines   |
| GRILLED                    | Chardonnay,<br>Gewürtraminer, Riesling,<br>Sauvignon Blanc, sparkling<br>Zinfandel   | Beaujolais, Cabernet Sauvignon,<br>Merlot, Petite Sirah, Pinot Noir,<br>Rhone, rosé, Sangiovese, Syrah/Shiraz,        | Fruity, medium to full-bodied wines; tannic red wines  |
| RICH (FATTY, OILY)         | Chardonnay, sparkling  | Pinot Noir  | Acidic wines. The acidity cuts richness and cleanses the palate  |
| ROASTED                    | Sparkling  |   | Medium to full-bodied wines; aged red wines  |
| SALTY                      | Gewürtraminer, Muscadet,<br>Pinot Grigio/Pinot Gris,<br>Riesling, Sauvignon Blanc,<br>sherry, sparkling  | rosé (dry), Zinfandel   | Salty dishes and acids are perfect opposites. Try acidic, citrusy, cold and fruity wines; off-dry to sweet wines; dry white wines. Avoid high-alcohooaked and tannic wines.              |
| SMOKED OR SMOKY            | Gewürtraminer, Pinot Grigio/<br>Pinot Gris, Riesling, Sauvignon<br>Blanc, sparkling, Viognier  | Pinot Noir, rosé (dry),<br>Syrah/Shiraz, Zinfandel  | Fruity wine. Avoid high-alcohol<br>oaked and tannic wines.   |
| SOUR                       | Chardonnay, Riesling,<br>Sauvignon Blanc   |   | Acidic and/or dry wines. Avoid serving fine, aged wines if the dish has a lot of vinegar.  |
| SPICY                      | Chenin Blanc (off-dry), Gewürtraminer, Grüner Veltliner, Moscato d'Asti, Muscadet, Pinot Grigio/ Pinot Gris, Riesling (esp. off- oaked dry), Sauvignon Blanc, sparkling, Viognier, Vouvray | Beaujolais, <b>Pinot Noir</b> ,<br>Rhone, Rioja, <b>rosé</b> (dry),<br><b>Syrah/Shiraz, Zinfandel</b><br>(esp. young) | Acidic, light-bodied and low-<br>alcohol wines; fruity, off-dry red<br>and white wines; sweet wine<br>when there is a sweet element<br>to the dish. Avoid high-alcohol,<br>tannic wines. |
| STEAMED                    | Pinot Grigio/Pinot Gris,<br>Riesling   |   | Acidic, light-bodied white wines. Avoid intensely flavored and tannic wines.   |
| SWEET                      | Chenin Blanc, Gewürtraminer,<br>Riesling (off-dry to sweet),<br>sparkling (semisweet to sweet),<br>Viognier, Vouvray   | Madeira, port   | Dessert wine; fruity, sweet, late<br>harvest and ice wine. Opt for<br>wines sweeter than the dessert.  |

# What to Serve with What You've Cooked

Herb lovers can use this handy three-page chart to match up their favorite herb-rich meals with suitable, delicious wines. Turn to Page 53 for a list of our seven recommended brands. *Note:* Wine pairings in bold text are highly recommended by our expert advisers.

| HERB FLAVOR   | WHITES   | REDS   | NOTES  |
|---------------|--|--|--|
| ANISE         | Viognier   | Pinot Noir   |  |
| ARUGULA       | Chablis, Chardonnay, Pinot<br>Blanc, <b>Sauvignon Blanc</b>  |  |  |
| BASIL         | Chardonnay (unoaked),<br>Orvieto, Pinot, Grigio,<br>Sauvignon Blanc, Soave,<br>sparkling   | Cabernet Sauvignon, Merlot,<br>Syrah/Shiraz (esp. fruity), <b>Chianti</b> , Gavi,<br>Merlot, Nebbiolo, rosé, <b>Sangiovese</b><br>(esp. with hearty dishes), Syrah/Shiraz,<br><b>Zinfandel</b> |  |
| BAY LEAF      | Sauvignon Blanc  | Barbera, Cabernet Sauvignon, Chianti,<br>Pinotage, Sangiovese, <b>Zinfandel</b>  |  |
| CAPERS        | Muscadet, Pinot Grigo/Pinot<br>Gris (esp. dry), Sancerre,<br>Sauvignon Blanc   | Beaujolais (high-acid), Pinot Noir,<br>rosé (dry)  | Dry white wines  |
| CARAWAY SEEDS | Gewürtraminer, Riesling,<br>Sauvignon Blanc  | Merlot, Pinot Noir, Syrah/Shiraz   |  |
| CHERVIL       | Chardonnay, Gewürtraminer,<br><b>Riesling</b> , Sancerre, Sauvignon<br>Blanc, sparkling  | rosé, <b>Syrah/Shiraz</b>  |  |
| CHILES        | Chenin Blanc (off-dry),<br>Fume Blanc, <b>Gewürtraminer</b> ,<br>Pinot Grigio/Pinot Gris,<br><b>Riesling</b> (off-dry), <b>Sauvignon</b><br><b>Blanc</b> | Beaujolais, Cabernet Sauvignon, Merlot,<br>Pinot Noir (esp. fruity), Rioja, Sherry,<br>Syrah/Shiraz, Tempranillo, Zinfandel  | Acidic, fruity, less tannic,<br>unoaked, light-bodied, low-<br>alcohol, and off-dry to sweet<br>wines. Avoid full-bodied, high-<br>alcohol, oaked and tannic wine: |
| CHIVES        | Chardonnay, Pinot Grigio/<br>Pinot Gris, Sancerre,<br>Sauvignon Blanc  | Pinot Noir, Zinfandel  | W-m  |
| CILANTRO      | Chenin Blanc, Gewürtraminer,<br>Pinot Grigio/ Pinot Gris,<br>Riesling, Sauvignon Blanc   | Barbera  | 1  |
| CINNAMON      | Chenin Blanc, <b>Gewürtraminer</b> , sparkling   | Merlot, Pinot Noir, Syrah/Shiraz,<br><b>Zinfandel</b>  | 100  |
| CLOVES        | Chardonnay (esp. oaked),<br>Chenin Blanc, <b>Gewürtraminer</b> ,<br>Riesling, Viognier   | Pinot Noir, Syrah/Shiraz, <b>Zinfandel</b>   |  |
| CORIANDER     | Chardonnay, Gewürtraminer,<br>Riesling, <b>Sauvignon Blanc</b> ,<br>sparkling, Viognier  | Beaujolais, <b>Pinot Noir</b> , Syrah/Shiraz,<br>Rioja   | Earthy, mineral-ey wines   |
| CUMIN         | Chardonnay, Riesling (esp.<br>dry), Sauvignon Blanc,<br>sparkling, Viognier  | <b>Pinot Noir</b> (esp. with red meat), Rioja,<br>Syrah/Shiraz (esp. with red meat),<br>Tempranillo, Zinfandel   |  |

| HERB FLAVOR         | WHITES  | REDS  | NOTES   |
|---------------------|---|---|---|
| DILL                | Chardonnay, Chenin Blanc,<br>Pinot Grigio/Pinot Gris,<br>Riesling, Sauvignon Blanc,<br>Viognier   |   |   |
| EPAZOTE             |   | Chianti, Pinot Noir   | 12/2  |
| FENNEL              | Chardonnay (esp. buttery),<br>Chenin Blanc, Grüner Veltliner,<br>Pinot Blanc, Pinot Grigio/<br>Pinot Gris, Riesling, Sancerre,<br>Sauvignon Blanc, Soave,<br>Viognier | Barbera, <b>Pinot Noir</b>  |   |
| GARLIC (AND ONIONS) | Albarino, <b>Chardonnay</b> ,<br>Gewürtraminer, Grüner<br>Veltliner, Riesling (esp. off-dry),<br>Soave, <b>Sauvignon Blanc</b> ,<br>sherry, sparkling, Viognier       | Barbera, Burgundy, Cabernet Sauvignon,<br>Pinot Noir, <b>rosé</b> (dry), Syrah/Shiraz,<br>Zinfandel | Fruity wine, dry white wine<br>(esp. with raw garlic)   |
| GINGER- SAVORY      | Chardonnay (esp. oaked),<br>Gewürtraminer, Muscat,<br>Pinot Grigo/Pinot Gris,<br>Riesling (off-dry to sweet),<br>Sauvignon Blanc, sparkling,<br>Viognier              | Pinot Noir, Syrah/Shiraz, Zinfandel   | Fruity and/or off-dry   |
| GINGER – SWEET      | Gewürtraminer (late harvest),<br>Moscato d'Asti, Muscat<br>(sweet), Riesling (sweet),<br>Satuernes, sparkling<br>(off-dry to sweet)                                   |   | Sweet white wines   |
| HORSERADISH         | Gewürtraminer, Pinot Grigio/<br>Pinot Gris, Riesling, Sauvignon<br>Blanc, <b>sparkling</b> ,<br>Viognier  | Beaujolais, Pinot Noir, Rioja, rosé, Syrah/<br>Shiraz, Zinfandel                                    | Off-dry to slightly sweet wine.<br>Horseradish can kill the flavor<br>of wines; to make it more wine-<br>friendly, add cream. |
| LEMONGRASS          | Chardonnay, Chenin Blanc,<br>Pinot Grigio/Pinot Gris,<br>Riesling, Sancerre, Sauvignon<br>Blanc, Vouvray  |   |   |
| MARJORAM            | Sauvignon Blanc   | Merlot, Pinot Noir  |   |
| MINT – SAVORY       | Gewürtraminer, Riesling,<br>Sauvignon Blanc   | Cabernet Franc, <b>Cabernet Sauvignon</b> ,<br>Merlot, Pinot Noir, <b>Syrah/Shiraz</b>              |   |
| MINT - SWEET        | Moscato d'Asti, Muscat  |   |   |
| MUSTARD             | Burgundy, Chablis,<br>Chardonnay (unoaked),<br>Pinot Grigio/Pinot Gris,<br>Riesling, Sancerre,<br>Sauvignon Blanc   | Cotes du Rhone, Merlot, <b>Pinot Noir</b> ,<br>Syrah/Shiraz, <b>Zinfandel</b>                       | Dijon mustard is the most wine-friendly mustard.  |
| NUTMEG              | Burgundy, <b>Chardonnay</b><br>(esp. oaked), Pinot Blanc,<br>Viognier   | Cabernet Sauvignon, Merlot, <b>Pinot Noir</b> ,<br>Syrah/Shiraz, Zinfandel                          |   |
| OREGANO             | Sauvignon Blanc   | Cabernet Sauvignon, Chianti, Merlot,<br>Nebbiolo, Sangiovese, Syrah/Shiraz,<br>Zinfandel            |   |

| HERB FLAVOR   | WHITES  | REDS   | NOTES  |
|---|---|--|--|
| PAPRIKA   |   | Bordeaux (esp. aged), Cabernet<br>Sauvignon (esp. young), Merlot,<br><b>Zinfandel</b> (fruity) | Hungarian wines                                |
| PARSLEY   | Sauvignon Blanc   |  |  |
| PEPPER, BLACK   | Gewürtraminer, sparkling  | Cabernet Sauvignon, Sangiovese,<br>Syrah/Shiraz, Zinfandel                                     |  |
| PESTO   | Burgundy, Chablis,<br><b>Chardonnay</b> (unoaked),<br>Pinot Grigio/Pinot Gris,<br><b>Sauvignon Blanc</b> , Soave,<br>sparkling (dry)                | Barbera, <b>Gavi</b>   | White wine, esp. Italian                       |
| ROSEMARY  | Riesling, Sauvignon Blanc,<br>sparkling   | Cabernet Sauvignon, Merlot, Pinot Noir,<br>Sangiovese, Syrah/Shiraz, Zinfandel                 | Red wine                                       |
| SAFFRON   | <b>Chardonnay</b> , sherry (dry),<br>Viognier   | Cabernet Franc, Merlot, Rioja, <b>rosé</b> (dry)   | Dry white wine                                 |
| Adding sage to SAGE ny dish makes it d-wine friendly. | Riesling, Sauvignon Blanc   | Merlot, Pinot Noir, Syrah/Shiraz   | Red wine                                       |
| SESAME<br>(INCLUDING<br>OIL AND SAUCE)                | <b>Chardonnay</b> (oaked), Riesling,<br>Viognier  |  |  |
| SORREL  | Sparkling, Chardonnay<br>(unoaked), Grüner<br>Veltliner, Riesling (dry),<br>Sauvignon Blanc   |  |  |
| STAR ANISE  | Sauvignon Blanc   | Pinot Noir   | 1 1  |
| TAPENADE  | Sauvignon Blanc, sherry,<br>sparkling   | rosé (dry), Zinfandel  | 7  |
| TARRAGON  | Burgundy, <b>Chardonnay</b><br>(unoaked), <b>Sauvignon Blanc</b> ,<br>Viognier  | Merlot, Pinot Noir   | <b>艾泽连</b> 使                                   |
| THAI BASIL  | Sauvignon Blanc   |  |  |
| THYME   | Chardonnay, Pinot Grigio/<br>Pinot Gris, Sauvignon Blanc,<br>sparkling  | Cabernet Sauvignon, Merlot,<br>Syrah/Shiraz, Zinfandel   |  |
| VANILLA   | Asti, Burgundy, Chardonnay<br>(esp. big and buttery),<br>Moscato d'Asti, Riesling<br>(esp. sweet or late harvest),<br>sherry (PX), <b>sparkling</b> | Port (esp. tawny)  | Ice wine                                       |
| WASABI  | Gewürtraminer, Riesling<br>(off-dry), Sauvignon Blanc,<br>sparkling (esp. Cava)   | Zinfandel  | Avoid Cabernet Sauvignon and tannic, red wine. |

# Wines, by Body

The way a wine feels in your mouth is referred to as "body." Body can be light, as in a domestic Riesling; medium, such as Pinot Noir; or full-bodied, such as Malbec or Syrah. Generally, full-bodied wines also will have a higher alcohol content to help balance the overall composition of the wine. For more info, see the "How much does my wine weigh?" section on Page 43.

### LIGHT TO MEDIUM BODY

RED: Barbera, Beaujolais, Burgundy, Cabernet Franc, Chianti, Cotes du Rhone, Gamay, Pinot Noir (esp. inexpensive), Rioja Crianza, rosé, Sangiovese, Tempranillo, Valpolicella



WHITE: Albarino, Bordeaux, Chablis, Chardonnay (unoaked), Chenin Blanc, Gewürtraminer, Grüner Veltliner, Muscadet, Orvieto, Pinot Blanc, Pinot Grigio/Pinot Gris, Riesling, Rioja, Sancerre, Sauvignon Blanc, Soave, Verdicchio, Vinho Verde, Vouvray, sparkling

### MEDIUM TO FULL BODY

WHITE: Burgundy, Chardonnay (oaked), Rhone, Viognier, Pouilly-Fumé, Pouilly-Fuissé, Gavi, Semillon

RED: Barolo, Bordeaux, Brunello, Burgundy (Grand Cru), Cabernet Sauvignon, Chianti Classico, Malbec, Merlot, Montepulciano, Rhone, Rioja Grand Riserva, Syrah/Shiraz, Zinfandel

DID YOU KNOW? Expensive Pinot Noirs tend to be much fuller-bodied than inexpensive versions.

# 7 of Our Favorite Herb-Friendly Wines



Dashe Dry Riesling (California)



Gordon Brothers Chardonnay (Washington)



Kim Crawford Sauvignon Blanc (New Zealand)



Weingut Hirsch Grüner Veltliner #1 (Austria)



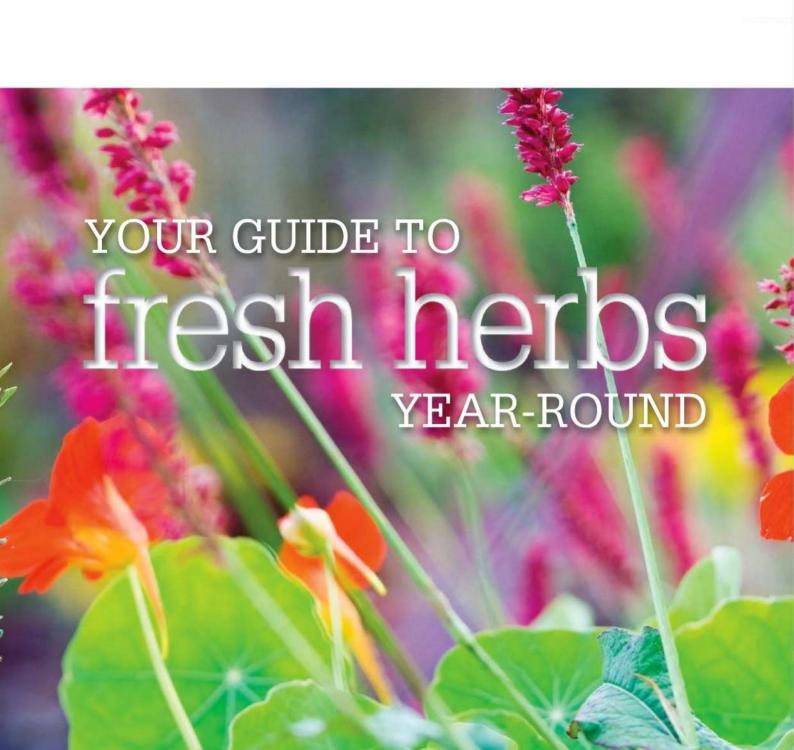
Leaping Lizard Cabernet Sauvignon (California)



Castle Rock Pinot Noir (California)



Delicato Shiraz (California)





Rob Cardillo

### By Tammie Painter

If you're staring out your window, longing for fresh herbs during cold, wet winter days—take heart. With a little preparation, plant know-how and winter protection, it's possible to have herbs in every season. Select a few (or many) of the plants discussed in this article and follow the accompanying tips to grow a selection of culinary delights throughout the year.

### Year-Round Herbs

What could be better than a plant that provides fresh herbs all year? Although it sounds like a culinary fantasy, several herbs do just that. When plant shopping, your best choices for year-round herbs are those described as "evergreen" or "hardy." Even though many of these plants don't die back in the winter, their growth slows, so try not to be too greedy when harvesting.

YARROW (Achillea millefolium). This feathery-leaved perennial grows almost anywhere and even enhances the disease resistance of neighboring plants. Yarrow is quite hardy, but if a lengthy freeze comes your way, protect it with mulch or a frost barrier. Use the leaves in salads year-round and infuse the summer blooms for a refreshing skin toner or a cleansing hair rinse. Dried yarrow flowers look stunning in herbal arrangements.

*Note:* Eat yarrow leaves in moderation to avoid skin irritation.





Top left: Mint easily spreads throughout the garden. Try growing it in a container for convenient winter storage. Top right: Lavender, such as this 'Hidcote' variety, requires very little care in order to flourish. Below: Add color to semi-shady areas in your garden with bright bergamot blooms.



CHIVES (Allium schoenoprasum). This mild-flavored hardy perennial is happy indoors and out. Harvest the leaves all year to flavor and garnish food. In June, cut the flowers for a pretty addition to a summer salad. You can trim chives down to 1 inch, four times a year, to sprout a fresh batch of leaves. After cutting down the plant in the fall, dig up some of the bulbs and plant them in an indoor pot for chives through the winter. The bulbs can be kept inside year-round or planted outside again in the spring. If you live where winters are harsh, mulch your outdoor bulbs each fall.

HORSERADISH (Armoracia rusticana). If you want to add heat to your cooking year-round, grow horseradish. Because peppers only thrive in the summer in most areas, horseradish can provide spice the rest of the year. Horseradish grown in the ground can become invasive, so grow it in a large pot to encourage root growth. Harvest the leaves from spring to fall to add a warm kick to salads. To use the root any time of year, push away a little of the soil, cut off an end piece and then re-cover the root with soil. Outdoors, the root is quite hardy and will survive frigid conditions, but if your soil freezes you won't be able to dig down to the root. Turn to Page 32 to read more about horseradish, the 2011 Herb of the Year.

BAY (*Laurus nobilis*). Botanically speaking, this ancient plant, also known as sweet bay, is not an herb because of its woody stems. However, no soup chef should be without fresh bay leaves, which are more flavorful than dried. The evergreen shrub grows well in containers and can tolerate temperatures down to 25 degrees. If it gets colder than that for any length of time, bring the pot inside and it will keep providing you with taste-enhancing leaves. Keep the container on wheels to make moving it inside easier. Use its leaves to make an aromatic bay wreath during any time of the year.

MINT (Mentha spp.). The many varieties of this herb make it difficult to classify. Some are frost-hardy, some are evergreen, but all are perennials with delicious leaves. Because it spreads easily, mint is best grown in containers. (This also makes it convenient to bring them inside during the winter if needed.) The rest of the year, they will thrive outside in partly sunny areas with little care. Pluck the leaves any time of year for garnish, jelly or tea. In summer, sprinkle salads with its tiny flowers. Lemon balm (Melissa officinalis) grows and is used similarly to mint.

ROSEMARY (Rosmarinus officinalis). This herb's piney flavor is a perfect addition to poultry, potatoes, stews and cookies. Despite its Mediterranean origins, this hardy evergreen adapts well to any situation except full shade or soggy soil. Rosemary needs little care throughout the growing season and is drought-tolerant. Established shrubs withstand tough winters, but smaller plants should be covered with a frost barrier when the temperatures drop. Rosemary also grows well in containers that can be brought inside in winter. Trim the plant into a tree shape for a wonderfully scented holiday decoration.

SAGE (Salvia spp.). Most of the many varieties and flavors of sages are hardy perennials. In temperate areas, these plants can make it through the winter without protection unless an ice storm hits. In frigid regions with harsh winters, grow sage in containers and bring the plants inside for the season. The rest of the year, give sage a sunny spot in well-drained soil. Because sage is an evergreen, it retains its leaves year-round—until you pick them for stuffing and roasts.

## Plants That Keep Giving

Some herbs present you with different culinary gifts over the growing season. Unlike the year-round plants described above that mostly provide leaves, the following plants have more diverse offerings including leaves, flowers and

# Year-Round Flowers

Regardless of where you live, you can find varieties of herbs that provide for you all year. In addition to herbs, many gardeners strive for blooms yearround. The following list (in order of bloom time) could have your garden decorated with flowers throughout the year, except in deepest winter. Another way to get ideas is to visit local botanical gardens to see what is growing in each season.

Daphne

Hellebore

Viola

Spring bulbs

Calendula

Bugleweed

Honeysuckle

Chamomile

Nasturtium

Lavender

Bergamot

Fall bulbs

Chrysanthemum

Fuschia

Winter jasmine



Above: Cover yarrow with a layer of mulch during the winter to protect it from frost. Far left: Harvest dandelion flowers to make wine. Far right: Keep fresh chives all winter by transporting its bulbs to an indoor container during the fall.

seeds. Leaves should be harvested lightly so you don't defoliate and weaken the plant (which is a good reason to plant more than one). If you intend to collect seeds, don't harvest or deadhead all of the flowers earlier in the season.

**DILL** (*Anethum graveolens*). Sow the seeds of this annual in the spring to enjoy the cool taste of dill in salads and sauces from late spring to early fall. Dill grows in sunny and dry areas, requires very little care, and the flowers are attractive in the garden. When the seeds start to form, place paper bags around the flower heads to catch the seeds as they drop. Dry the collected seeds for use in pickling mixes.

MUSTARD (Brassica juncea) is another choice for leaves and seeds. In temperate areas, mustard produces leaves from spring into early winter. Use these leaves in salads or as you would spinach. In fall, collect the seeds to make your own spicy mustard. Try our mustard recipe at www. herbcompanion.com/makemustard.

CILANTRO (Coriandrum sativum). If you like cilantro, plant a large crop of this annual in the spring. Harvest the leaves from late spring through summer for a fresh addition to Mexican and Asian dishes. Collect its seeds (known as coriander) by spreading paper or row-cover material around the base of cilantro to catch the seeds when they mature. Cilantro can be grown indoors over the winter by planting seeds in pots during the fall.

BERGAMOT (*Monarda* spp.). The plant's frilly, bright-red flowers are excuse enough to grow this hardy perennial. This herb, which is native to the eastern United States, is well-adapted to cool, moist conditions. If you have a semi-shady spot in your garden and need a dash of color, try planting bergamot. Its leaves and flowers have a unique citrus scent (think of Earl Grey tea) that is retained even after drying. To add a citrus taste to tea, juice or wine, the leaves can be plucked most of the year (the plant will die back in mid-winter). The flowers that arrive in





mid-summer make a gorgeous addition to fruit salads or can be dried for potpourri.

DANDELION (Taraxacum officinale). While few people intentionally grow dandelions, most yards have them. In areas where freezes are short-lived, dandelion leaves are available year-round for use in salads or to use as you would spinach. Most people don't prefer to eat the bitter flowers, but the sunny blooms are essential for a batch of dandelion wine. If you really want to make use of dandelions (or to rid them from your lawn), dig, dry and grind the roots for a caffeine-free, coffee-like brew.

NASTURTIUM (Tropaeolum majus). You can use every part of this vine-like annual. Harvest the leaves during the entire growing season to add a peppery bite to salads. In temperate areas, the plants provide leaves until the first freeze. The pretty orange, yellow and red flowers are edible and give color to a green summer salad. Don't pick all the flowers, though; each one left on the plant produces three seeds from late summer through early fall. Once mature, the seeds can be dried and saved for next year's garden, or you can pickle them in vinegar for an inexpensive caper substitute.

### The Flower Bearers

Even if they don't behave like year-round superstars, some herbs almost beg to be grown for their flowers. Whether you just want to look at a bed full of color or use the flowers in the kitchen, these are some easy-to-grow choices.

**CALENDULA** (*Calendula officinalis*). Sow this annual in the fall for spring flowers, then sow again in the spring for late-summer and fall flowers. Calendula, or pot marigold, grows in most any soil condition. The bright-orange petals are known as poor-man's saffron and can be used in rice dishes in place of the expensive spice. The petals are also used fresh or dried to decorate salads and baked goods.

*Note:* Do not confuse calendula with the *Tagetes* marigolds, which are toxic.

LAVENDER (Lavandula spp.). Many people wouldn't consider their herb garden complete without this aromatic wonder. Evergreen in some areas, a deciduous shrub in others, lavender puts on a show of scented purple flowers each summer. Dry the flowers for sachets and wreaths, or use the flowers to flavor sugar, ice cream and pastries. Even without flowers, lavender stalks smell lovely when handled. Other than a "haircut" at the end of the season, lavender requires little care.

VIOLA (Viola spp.). In most regions, violas produce a lovely show of purple and pastel flowers from late winter through spring and then again in fall. Violas are a perfect choice for borders in areas that don't receive intense sun. They can even grow in full shade. While pretty enough in the garden, violas are even cheerier in a spring salad or sugar-coated to beautify a cake.

Tammie Painter is a freelance writer who gardens in Milwaukie, Oregon.

# Year-Round Garden Tips

Heat stresses some plants. Those that are prolific in spring and fall slow down in the heat of summer, so don't overharvest.

Adding hardy evergreen plants such as daphne, hellebore, Oregon grape, conifers and some ferns prevents bare beds in the winter.

Know your region's hardiness zone, frost dates and the peculiarities of your own yard. That basil variety rated for your region won't thrive in your full-shade yard.

Shop from a local seed company. They will offer choices better suited to your area.

Use row covers, cloches and cold frames to extend your growing season.

Resist the urge to plant too early in the season. Wet soil rots seeds and cold temperatures will stunt or kill warmweather plants.

Mix plants in your beds to stagger production, such as a border of viola for spring, basil for summer, calendula for fall and rosemary for any season.

When you bring your plants inside for the winter, place them in the sunniest location possible (a south-facing window is best) and don't water them until the soil feels dry.



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# Problem-Proof Growing: Rosemary, Sage and Basil

BY TINA MARIE WILCOX



My rosemary limbs have lost leaves from the bottom sections. Knobby growths, which look like root sprouts, are growing out from the stems. What is happening with my rosemary?

These rosemary disease symptoms are called "stem knot" and are caused by a systemic bacterial infection. According to Arthur Tucker and Thomas DeBaggio, in *The Encyclopedia of Herbs*, there is no cure; in fact, the cause is unknown, although it resembles bacterial infections caused by Pseudomonas, Agrobacterium and Xanthomonas species. These

systemic types of infection are difficult to control because they grow from the inside out. However, infected plants can live for many years if good practices are followed. Prune the diseased stems back to healthy growth during the early spring. Be sure to disinfect pruning tools by dipping them in a 10 percent chlorine bleach solution or rubbing alcohol between each cut. Do not use organic material around the base of the plants. Choose coarse sand, crushed oyster shell, lava rock or white marble chunks for mulch instead. Remove all fallen tree leaves and do not allow weeds and other plants to block air circulation

around the rosemary. Keep enjoying your rosemary by whipping up the rosemary mayonnaise recipe on Page 80.

I am not able to keep garden sage in the ground for longer than one season in my humid Arkansas garden. The leaves and stems turn black overnight and the plants die. Is there anything I can do to grow sage and similar culinary perennials?

It is possible for herb gardeners in the Eastern United States to develop a successful garden spot for sage and other gray/green Mediterranean

# 5 Common Herb Diseases

- 1. **Powdery mildew** (*Erysiphe cichoracearum*). This fungus forms white, powdery mold on the upper surfaces of leaves and petioles; foliage then wilts and browns. Promptly remove the diseased plants and follow through with a fall cleanup. May affect bee balm, lemon balm and yarrow.
- 2. **Downy mildew** (*Phytophthora* spp.). Leaves will wither and die after this fungus takes hold. It forms yellow spots on the upper surface of leaves and violet-gray mold on the undersides. To defend, don't crown plants; cultivate only when plants are dry; and rotate every three years. May affect calendula, coriander, tarragon and basil. See Page 64.
- 3. Damping-off (Rhizoctonia solani and Pythium debaryanum). This disease kills seedling roots, leaving them water-soaked and looking shriveled. Provide warm, well-drained seed beds to manage. May affect sweet marjoram.
- 4. **Root rot** (*Rhizoctonia solani*). This fungus causes rotted, yellowish brown to black roots and underground stems. Outer layers of the root will slough off, leaving a central core. To control, rotate plants every three years and provide with good drainage. Then, promptly remove the diseased plants and follow through with a fall cleanup. May affect lavender, oregano, rosemary and sage.
- 5. Anthracnose (Colletotrichum spp.). Watch out for small, water-soaked spots on aboveground parts with this fungus. Elongated tan cankers may also form on stems. Rotate plants every two years afterward and don't cultivate when wet. Promptly remove the diseased plants. May affect foxglove, mints and violets.

According to Rodale's Illustrated Encyclopedia of Herbs (Rodale Press, 1998), edited by Claire Kowalchik and William H. Hylton.

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natives. First of all, get to know the enemy. As a group, the fungal diseases that cause this fatal symptom are aptly called "sudden wilt." They live in the soil, on seed and on almost any surface. The diseases are spread by spores and are passed on to plants by fingers, pruning tools, air currents and in water droplets.

Never replant sage or any other perennial Mediterranean herb in the same place where sudden wilt has taken a victim. Begin a new herb bed in a well-drained, full-sun location. Incorporate aggregates such as sharp sand and gravel to improve drainage. Use mineral-based mulch (rather than materials that come from plants, such as tree bark or straw) around sage. Organic mulch holds moisture longer than rocks.

Space plants so that the leaves of neighboring herbs do not block air circulation. Moisture from irrigation, dew and rain must drain away and evaporate quickly. Use drip irrigation and make it a rule to water in the early morning so that herb leaves dry out before dark. Try organic antifungal products containing the friendly bacteria Streptomyces lydicus or S. griseoviridis. According to David Hopwood in the reference book Streptomyces in Nature

and Medicine: The Antibiotic Makers, these bacterial strains colonize plant tissues and the soil around roots. There they produce antimicrobial agents or enzymes that attack various fungal diseases.

My basil leaves are turning yellow with a gray-fuzzy growth on the underside. What should I do?

This sounds like the dreaded basil downy mildew. According to plant pathology experts Meg McGrath, Andy Wyenandt and Jim Simon, there are three important tools to use in the fight against downy mildew on basil. First, learn the symptoms so that you can be a part of the monitoring system and get infected basil out of your soil as quickly as possible. Go to www.herbcompanion.com/problemproof growing to learn the visual symptoms of basil downy mildew by looking at photos of the affected leaves. Some of the symptoms include yellowing on upper leaf surfaces, and distinctive pathogen growth (that looks like perforation) and spores on lower leaf surfaces. If downy mildew is the culprit, take a bag out to the garden, put it over the basil and cut the stems into the bag. It is okay to take the bag indoors to

# Read More

To learn more about growing healthy plants, try these three book recommendations. You can purchase the *Illustrated Encyclopedia of Herbs* at www.herbcompanion.com/shopping or on Page 70.

The Encyclopedia of Herbs: A Comprehensive Reference to Herbs of Flavor and Fragrance (Timber Press, 2009)

Streptomyces in Nature and Medicine: The Antibiotic Makers (Oxford University Press, 2007)

Rodale's Illustrated Encyclopedia of Herbs (Rodale Press, 1998)



### ON THE WEB

For more reference information, including links to photos of the visual symptoms of downy mildew on basil and to report your observation, visit us online at www.herbcompan ion.com/problemproofgrowing.

harvest and process the good leaves. Then, go back to www.herbcompanion.com/prob lemproofgrowing to report your observation. This report tracks the spread of the disease, helping major growers prepare treatments or harvest plans.

Second, look for plants and seeds that are free of or resistant to the disease. In the near future, seeds will be tested to be sure that they are powdery mildew-free. Disease-resistant basil varieties are being developed now.

Third, use planting techniques and control methods to discourage downy mildew spores. Thin basil seedlings and space plants in the greenhouse and in the garden so that the leaves do not touch. This encourages good air circulation, which dries surfaces so that the fungal spores have a difficult time growing. Use fans indoors, water early in the day and cultivate plants in a well-drained growing medium.

Become familiar with available fungicides labeled for use against this disease. According to Cornell University research, OxiDate, a fungicide containing 27 percent hydrogen dioxide, provides limited control on powdery mildew, is OMRI-approved (okay for use in organic gardens), and is labeled for use in greenhouses and outside. Actinovate, which contains the friendly bacteria *Streptomyces lydicus*, is labeled for use to suppress many soil-borne and foliar diseases on a variety of plants. Both fungicides are labeled for use on herbs.

Tina Marie Wilcox has been gardening at the Ozark Folk Center State Park in Mountain View, Arkansas, for more than 25 years. She writes a column, Yarb Tales, for www.ozarkfolkcenter. com. She and Susan Belsinger co-authored The Creative Herbal Home, available at www.herb companion.com/shopping or on Page 70.





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Circle #16; see card pg 61



# Creep, Crawl & Cascade

### BY KATHLEEN HALLORAN

### ILLUSTRATIONS BY GAYLE FORD

Any gardener lucky enough to have a rock wall in a sunny location has a great spot to tuck in a whole garden full of drought-tolerant plants to creep, crawl and cascade over and under and between the rocks. Many of the herbs that hail from the Mediterranean region, with its rocky terrain and dry climate, appreciate the excellent drainage that a rock wall delivers.

The thymes, in particular, love scrambling over rock and working their little roots into every crevice—they're the ultimate rock-wall plants. Try as many different types as you have room for, including lemon thymes and the tiny-leaved woolly thyme. Prostrate rosemary and oregano are also good candidates, and chives can add their pink pop when they bloom in early spring. The lovely

dianthus can be tucked into rock pockets. Avoid plants that require moist conditions or those that are too rampant in their growth habits, such as the mints.

Other logical candidates for a rockwall environment, at least in dry climates, are the plants known generally as succulents. Watch out, because once the gardener becomes smitten, these are addictive. Gardeners in mild climates have more choices, but there are some hardier varieties to be found as well, if you hunt for them.

> TIP: Keep a collection of aloes and other succulents in the driest edges of the rock wall garden.

I find the succulents intriguing; they bring out the collector in me, and I like the contrast in form to the herbs and flowers that can grow here among the rocks. Succulents are among the most drought-tolerant of all plants, so plant them toward the top of wall, and perhaps on the edges where they're not within range of any automatic sprinklers. Then forget them, as they thrive on neglect.

If the aloe or other succulents aren't hardy in your area, grow them in pots to sit on the edge or cluster at the base of the wall, and move them indoors for winter or be prepared to protect them through the winter. Or grow them as annuals, replacing them in spring or trying new varieties to find favorites.

### Build a Rock Wall

If you don't have a rock wall, you might want to think about how and where you can build one. Investigate rock and stone quarries or vendors in your region, and talk to the professionals. A stack of flat or nearly flat rocks, preferably a native rock

# Plants for a Rock Wall Garden

ALOE (Aloe barbadensis and other species). Grow these as annuals or as specimen plants in containers, to be moved to windowsills inside for the winter. Many exotic aloes from South Africa are now commonly available, in a wonderful array of shapes and colors.

CHIVES (Allium schoenoprasum). Early spring bloomers, pink pops of color top the strappy leaves. This plant will toss some seed around, but not usually in a troublesome way.

PINKS (*Dianthus* spp.). These little treasures show up among bedding plants every spring in a wide variety of pink, purple, white or magenta. The petal edges are usually fringed or look like they were cut with pinking shears.

ENGLISH LAVENDER (*Lavandula angustifolia*). This hardy herb-garden classic earns its place on the rock wall with its intense fragrance, color and drought tolerance. Its soft mounds and flower spikes offer good contrast. There are many, including white-, purple- and pink-flowered forms, and dwarf varieties.

OREGANO (*Origanum* spp.). Try the ornamental side of this large genus, including 'Kent Beauty', hardy and well-behaved; the more tender Dittany of Crete; 'Hopley's Purple'; and other showy varieties.

PROSTRATE ROSEMARY (Rosmarinus officinalis 'Prostratus', 'Santa Barbara', 'Severn Sea' and other trailing or creeping varieties). In mild climates, this fragrant herb is an excellent landscape plant for cascading down a wall; in harsher environments, perch it in a clay pot, and move it to a protected spot in winter.

SANTOLINA (Santolina chamaecyparissus, S. virens). Soft clumps of foliage, available in both gray and green varieties, are topped by numerous bright yellow button flowers in early summer.

WINTER SAVORY (Satureja montana). This dark green, clumping perennial herb will thrive in rock-wall conditions. After a few seasons, the stems may start to get woody, so take cuttings and replace it occasionally.

THYMES (*Thymus* spp.). Grow them all, or as many as you can find, as these are star performers on a rock wall. They are generally low-growing. They spread in clumps and are heavy bloomers, and their fragrant flowers are favorites of bees. Try 'Pink Chintz', 'Doone Valley', woolly thyme, caraway thyme and lemon thyme.

SUCCULENTS. This vast category of plants includes far more than just prickly cacti. Suitable for growing in dry spots of a rock-wall garden are the annual moss rose (*Portulaca grandiflora*), sedums, echeverias (one of a number of genera that form "hen and chicks"), graptopetalums, and many others worth seeking out. They are excellent companion plants for herbs, love the rocks and can be dramatic focal points as well as crevice fillers.

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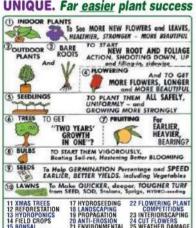
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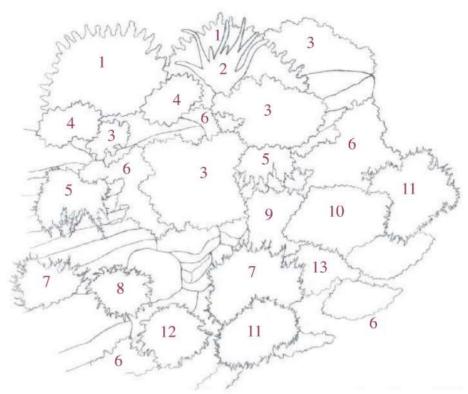


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### GARDEN SPACES



that blends into the garden environment, is a good way to berm a raised bed, which creates ideal conditions for herbs, succulents, vegetables, roses and many other garden plants. A rock wall can also be used to level off a plot that is on a slant-or when you want to create some elevation, perhaps surrounding a patio area to create some privacy and separation from neighbors.

Building a rock wall takes a lot of muscle and sweat, no question, and a big investment of time and money, but the gardener willing to take it on can ensure there are plenty of pockets of space where dirt and plants can be tucked in. Whether your wall is a foot high or head-high, it's essential that it be rock-solid. Start by digging down a few inches to spread a foundation layer of coarse sand or gravel. A double row of overlapping flat rocks, stacked so that the wall steps backward just slightly, will ensure stability. As you build, add layers of dirt and leave spaces for planting, fairly evenly distributed over the wall; add good dirt mixed with compost to fill in all the planting pockets and stabilize the rock.

When you plant it, start with the smallest transplants you can find (or germinate them yourself from seed or cutting), as they are the easiest to wedge into the small spaces between rocks, using a trowel or knife. After you've tucked in the plants and added as much dirt as you can in tight spaces, add some water to the soil to make a thick slurry to pour in to cover the roots and fill in any air pockets.

TIP: Self-seeding plants, like chives, can be an advantage for a rock wall, getting its seed into tight places more easily than the gardener can.

Combine plants that cascade down from the top (like prostrate rosemary) with plants at the base that grow upright, such as lavender, all interspersed with tidy clumps of dianthus with its brilliant color and soft mounds of santolina.

### How to Water & Maintain

As with all gardens, give these new little plants time to get established and growing before backing off on the watering

# Plant Key

- 1. English lavender
- 2. Aloe
- 3. Sedum
- 4. Hen and chicks
- 5. Prostrate rosemary
- 6. Thyme
- 7. Winter savory
- 8. 'Crimson Ideal' dianthus
- 9. 'White Anniversary' oregano
- 10. Green santolina
- 11. 'Sand Pink' dianthus
- 12. 'Shooting Star' dianthus
- 13. Gray santolina

schedule. Water gently to avoid washing away any of the precious dirt and compost you've incorporated into the wall; eventually all the dirt will settle in and pack down and not be constantly threatening to fall out. And keep a careful eye on any succulents to ensure they aren't overwatered.

Once established, this is a carefree, undemanding garden space. A network of roots will eventually spread through the dirt and rock to make it firm and stable. Keep the wall weeded well until the plants get big enough to crowd out the weeds on their own. It won't need much fertilizing.

Whether you've created or inherited your rock wall, learn about it as you go. Remember that rock can absorb and retain warmth and contribute to protected microclimates in your yard that can grow more tender plants than in other, more exposed locations; light-colored rock reflects light back into the plants.

Before you know it, your garden will be a perfect spot to plop down in a chair for a cup of tea.

Kathleen Halloran writes and gardens in Texas.



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Circle #8; see card pg 61



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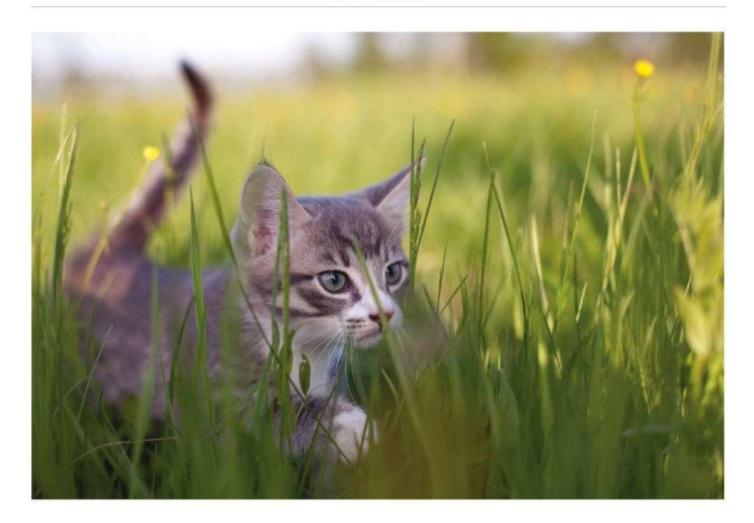


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## Cook Up Your Own Cat Food

Skip packaged food with this herbally enhanced plan for make-it-yourself cat meals.

#### BY LYNN ALLEY

I once knew a cat who ate nothing but ground raw meat. When I was a child, my neighborhood was filled with cats. Most of the cats existed on canned cat food. But not Bootsie Anderson.

What possessed his "mom," Millie, to feed Bootsie freshly ground raw meat, and raw meat alone, I can only imagine. I only know that Bootsie had the most spectacular glossy black coat I've ever seen, and he lived to a ripe old age without many of the ailments that felled the rest of our cats. Although Bootsie's diet was highly unusual for that time, Millie was right on target. Today, a growing number of experts insist that a diet of raw or lightly cooked meat, close to what a cat might encounter in nature, is healthiest.

My favorite cat expert is Anitra Frazier, author of *The Natural Cat*, a classic book on cat care first published in 1983. Today, she provides holistic nursing for geriatric cats and consults with clients worldwide over the telephone. (She frequently quotes her friend, Richard Pitcairn, D.V.M., Ph.D., one of the best-respected holistic



#### How to Make Cat Food

1 Combine protein and carbohydrates. Plate the food you plan to serve, and store the leftovers in a glass container in the fridge.
2 Add herbs just before serving. If desired, add the ground seeds and water. Serve.

Information in "Pet Corner" is not intended to replace the advice of a qualified veterinarian.

### Read More About DIY Cat Food

Want to learn more about making cat food at home? Here are some great resources on the subject:

- Whole Health for Happy Cats: A Guide to Keeping Your Cat Naturally Healthy, Happy, and Well-Fed (Quarry Books, 2006)
- The Natural Cat (Plume, 2008)
- Dr. Pitcairn's New Complete Guide to Natural Health for Dogs & Cats (Rodale Books, 2005)

vets in the country, with whom she has worked closely for many years.) She believes a balanced kitty diet can be made by combining 4 parts raw or lightly cooked meat to 1 part veggies, but she emphasizes that there are certain vital nutrients that must also be added in supplement form to your homemade cat food.

#### Bare Bones of Kitty Nutrition

- 1) Variety is important when making food for your cat. Rotating protein and carbohydrate sources will help cover all the bases from a nutritional standpoint.
- 2) Good sources of protein: humangrade raw ground round, chuck or sirloin; ground chicken or turkey (dark meat is best because of its higher fat content cats have a higher requirement for fat than we humans do); and occasionally organ meats, all from animals raised without antibiotics or hormones. If you have misgivings about feeding your cat raw meat, then by all means, cook it lightly.
- 3) Good sources of carbohydrates: any fruits or vegetables your cat enjoys, such as apples, blueberries, broccoli, asparagus, carrots, zucchini, green beans, collard greens, kale, finely chopped alfalfa sprouts, and roasted veggies like winter squash or yams.
- 4) Both cats and dogs have a very high requirement for calcium, so unless bones are ground up and included in their diets, they MUST have added calcium. Frazier recommends adding 1 teaspoon of

powdered calcium to each pound of raw meat, and then working it in before you add the veggies or anything else. Also important: add a high-quality kitty vitamin to your cat's daily intake to make sure he gets all the nutrients he needs.

- 5) As for herbs, here are some that I have typically added to my cats' diets over the years. Parsley straight out of my garden has been my mainstay. You can add herbs to your homemade food or use them to spice up a dull can of cat food. All should be finely minced and added just before serving, or in the case of seeds, finely ground and sprinkled in tiny pinches over the top of food.
  - Parsley (my herb of choice for the tastiest cat food)
  - · Cilantro (finely minced)
  - Seeds: psyllium, celery, dill, fennel, caraway

Very finely powdered psyllium seed husks, added to or sprinkled over your kitty's food in very minute quantities (use only a very small pinch), can go a long way to easing constipation. Just be sure to add extra water to the food as well.

Put out 1/4 cup of the homemade cat food, refrigerating the rest of the batch in an airtight container. Bootsie never had it so good.

Lynn Alley is a Southern California-based writer who has been cooking for her pets for years.

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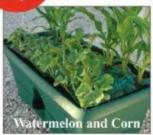
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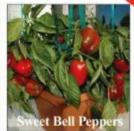
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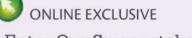
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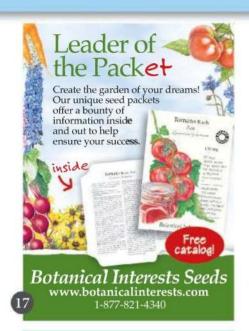


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